

## Elementary Breakfast & Lunch Menu

Fresh Fruit & Vegetable Bar Served Daily!



Monday

4- Turkey and Bean Burrito

Ham Sandwich

Spaghetti with Meat Sauce

Corn

Fresh Fruit Selection

Variety of Milk

Breakfast

Scrambled Eggs and Ham

Fresh Fruit Selection

Assorted Low Sugar Cereal

11- Beef Nachos

Chicken Tenders w/ Roll

Beef and Broccoli Stir Fry

Potato Bites

Fresh Fruit Selection

Variety of Milk

Breakfast

Egg & Sausage Burrito

Fresh Fruit Selection

Assorted Low Sugar Cerea

18- Beef Tacos

Orange Chciken w/ Rice

Turkey Sandwich

Broccoli

resh Fruit Selection

Variety of Milk

Breakfast

Fresh Fruit Selection

Assorted Low Sugar Cerea

rambled Eggs and Chorizo

Tuesday

5- Chef Salad w/ Roll

Grilled Cheese and Soun

Chicken Nuggets w/ Roll

Roasted Caulilower

Crinkle Cut Fries

Variety of Milk

Breakfast

Apple Frudel

Fresh Fruit Selection

Assorted Low Sugar Cereal

12- Spaghetti w/ Meat Sauce

Cheese Enchiladas

Beef Sliders

Roasted Vegetables

Fresh Fruit Selection

Variety of Milk

Breakfast

Egg & Cheese Burrito

Fresh Fruit Selection

Assorted Low Sugar Cereal

19- Mandarin Chicken Salad

Chicken Burrito w/ Rice

Beefy Macaroni

**Black Beans** 

Fresh Fruit Selection

Variety of Milk

Breakfast

Breakfast Burrito

Fresh Fruit Selection

Assorted Low Sugar Cereal

Wednesday

6- Chicken Mole w/ Rice

Vegetables Sub

Hot Dog

Peas and Carrots

Fresh Fruit Selection

Variety of Milk

Breakfast

Omelet

Fresh Fruit Selection

Assorted Low Sugar Cereal

13- Cheeseburger

Hawaiian Chicken Salad

Baked Vegetable Rotini

Charro Beans

Fresh Fruit Selection

Variety of Milk

Breakfast

Whole Grain Pancake

Fresh Fruit Selection

Assorted Low Sugar Cereal

20- Cheese Enchiladas w/ Rice

Spaghetti Pomodoro w/ Beef

Thai Chicken Noodles

Broccoli

Fresh Fruit Selection

Variety of Milk

Breakfast

Blueberry Muffin

Fresh Fruit Selection

Assorted Low Sugar Cereal

Free Meals For All Students

Thursday

7- Chicken Taco Salad

Cheeseburger

Cheese Filled Breadstick

Green Beans

Crinkle Cut Fries

Variety of Milk

Breakfast

Pancake and Sausage

Fresh Fruit Selection

Assorted Low Sugar Cereal

14- Turkey Melt

Ham Wrap

Cheese Pizza

Corn

## Friday

1- Crispy Chicken Tacos Cheese Pizza Black Bean Mix Roasted Cauliflower Fresh Fruit Selection Variety of Milk

Breakfast Bagel Sandwich Fresh Fruit Selection

Assorted Low Sugar Cereal 8- Buffalo Chicken Pizza Chicken Sandwich

Pancakes Fresh Fruit Selection

15- Pepperoni Pizza Hot Dog Corn on the Cob Salad Bar

Fresh Fruit Selection Variety of Milk Breakfast Breakfast Cinnamon Roll Fresh Fruit Selection

Assorted Low Sugar Cereal 21- Chicken Alfredo Crispy Chicken Wrap Ham Sandwich Potato Puffs Fresh Fruit Selection

Variety of Milk Breakfast Breakfast Burrito Fresh Fruit Selection Assorted Low Sugar Cereal

Mixed Vegetables Salad Bar Fresh Fruit Selection Variety of Milk Breakfast Assorted Low Sugar Cereal

Fresh Fruit Selection Variety of Milk Egg & Cheese Muffin Fresh Fruit Selection Assorted Low Sugar Cereal 22- Pepperoni Pizza Hamburger Chicken Corn Dog Crinkle Fries Fresh Fruit Selection

Variety of Milk Breakfast Bagel Sandwich Fresh Fruit Selection

Assorted Low Sugar Cereal

Have a great summer!

Food Service Director: Edwardo Banuelos :: Email: ebanuelos@nusd.k12.az.us:: Phone: (520) 377-9175

## Adult Meal Prices

Breakfast	\$2.25
Lunch	\$3.25

The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal and, where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to fil a Gvil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint\_filing\_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov. Individuals who are deaf, hard of hearing, or have speech disabilities and wish to file either an EEO or program complaint please contact USDA through the Federal Relay Service at (800) 877-8339 or (800) 845-6136 (in Spanish). Persons with disabilities who wish to file a program complaint, please see information above on how to contact us by mail directly or by email. If you require alternative means of communication for program information (e.g., Braille, large print, audiotape, etc.) please contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). USDA is an equal opportunity provider and employer.