



# High School Breakfast & Lunch Menu



Fresh Fruit & Vegetable Bar Served Daily!

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

## Free Meals For All Students

May 2015

4- Turkey and Bean Burrito Chicken Alfredo Orange Chicken SW Corn Salad Fresh Fruit Selection Variety of Milk <i>Breakfast</i> Egg, Ham, Potato, Cheese Bowl Fresh Fruit Selection Assorted Low Sugar Cereal	5- Philly Cheese Steak Chicken Tacos Supreme Pizza Refried Beans Crinkle Cut Fries Variety of Milk <i>Breakfast</i> Omelet Bar Fresh Fruit Selection Assorted Low Sugar Cereal	6- Chicken Jambalaya Chicken Alfredo Beefy Macaroni Broccoli Fresh Fruit Selection Variety of Milk <i>Breakfast</i> Belgian Waffle Bar Fresh Fruit Selection Assorted Low Sugar Cereal	7- Chicken Taco Salad Cheeseburger Mac N Cheese w/ Roll Green Beans Crinkle Cut Fries Variety of Milk <i>Breakfast</i> French Toast Fresh Fruit Selection Assorted Low Sugar Cereal	1- Crispy Chicken Ranch Wrap Pepperoni Pizza Korean Garlic Chicken Roasted Cauliflower Fresh Fruit Selection Variety of Milk <i>Breakfast</i> Sausage English Muffin Fresh Fruit Selection Assorted Low Sugar Cereal
11- Beef Nachos Caribbean Chicken Salad Quesadilla Peas and Carrots Fresh Fruit Selection Variety of Milk <i>Breakfast</i> Egg, Ham, Cheese Scrambled Eggs Fresh Fruit Selection Assorted Low Sugar Cereal	12- Teriyaki Chicken Rotini w/ Meat Sauce Navajo Tacos Roasted Vegetables Fresh Fruit Selection Variety of Milk <i>Breakfast</i> Omelet Bar Fresh Fruit Selection Assorted Low Sugar Cereal	13- Cheeseburger Chicken Caesar Salad Beef Lasagna Broccoli Fresh Fruit Selection Variety of Milk <i>Breakfast</i> Belgian Waffle Bar Fresh Fruit Selection Assorted Low Sugar Cereal	14- Ham and Cheese Panini SW Chicken Salad Cheese Enchiladas Green Beans Fresh Fruit Selection Variety of Milk <i>Breakfast</i> Egg, Ham, & Cheese Taco Fresh Fruit Selection Assorted Low Sugar Cereal	8- Caribbean Chicken Salad Chicken Wrap Mixed Vegetables Salad Bar Fresh Fruit Selection Variety of Milk <i>Breakfast</i> Scrambled Eggs, Cheese, Sausage Fresh Fruit Selection Assorted Low Sugar Cereal
18- Beef Nachos Garlic Chili Chicken Cheeseburger Peas and Carrots Fresh Fruit Selection Variety of Milk <i>Breakfast</i> Bean and Cheese Burrito Fresh Fruit Selection Variety of Milk	19- Chef Salad Chicken Burrito w/ Rice Beefy Macaroni Corn Fresh Fruit Selection Variety of Milk <i>Breakfast</i> Omelet Bar Fresh Fruit Selection Assorted Low Sugar Cereal	20- Cheese Chilaquiles w/ Rice Turkey and Cheese Sandwich Beef LoMein Refried Beans Fresh Fruit Selection Variety of Milk <i>Breakfast</i> Belgian Waffle Bar Fresh Fruit Selection Assorted Low Sugar Cereal	21- Chicken Pesto Spaghetti Sweet and Sour Chicken Bean and Cheese Tostada Fries Fresh Fruit Selection Variety of Milk <i>Breakfast</i> French Toast Fresh Fruit Selection Assorted Low Sugar Cereal	15- Pepperoni Pizza Hot Dog Fries Salad Bar Fresh Fruit Selection Variety of Milk <i>Breakfast</i> Breakfast Burrito Fresh Fruit Selection Assorted Low Sugar Cereal
				22- Pepperoni Pizza Cheeseburger Kung Pao Chicken Broccoli Fresh Fruit Selection Variety of Milk <i>Breakfast</i> Blueberry Muffin Fresh Fruit Selection Assorted Low Sugar Cereal

# Have a great summer!



Food Service Director: Edwardo Banelos :: 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 file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](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](mailto: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.