

SLAM-AZ October Menu 2022-23

ASSORTED FRUIT BASKET & CARROTS SERVED DAILY

1% WHITE OR FAT FREE FLAVORED MILK SERVED DAILY



Breakfast Includes: Entrée, fruit, 100% Fruit Juice and choice of 1% white or fat free flavored milk	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Lunch includes: Entrée, fruit, ½ cup carrots, additional ½ cup vegetable and choice of 1% White or FF Flavored Milk	3	4	5	6	7
	Fall Break	Fall Break	Fall Break	Fall Break	Fall Break
Daily Vegetarian Options: Bean Burrito Peanut Butter & Jelly Uncrustable SUSD serves whole grain bread and pasta and reduced fat, reduced sodium items where available. Items are baked, never fried. Menu subject to change based on availability Locally grown seasonal fruits and veggies will also be served based on availability	10	11	12	13	14
	WG Blueberry Muffin Schoolboy Apple LUNCH: Breakfast Sandwich Celery Orange Baby Carrots	Oatmeal Chocolate Chip Breakfast Bar Fresh Pears LUNCH: Bean & Cheese Burrito Fresh Broccoli Diced Peaches Baby Carrots Ranch Cup	Apple Cinnamon Nutri-Grain Cereal Bar & Cheese Cubes Peaches LUNCH: Beef Taco Stick Cucumber Slices Diced Pears Baby Carrots	Cherry Frudel Schoolboy Apple LUNCH: Cheeseburger Baked Beans Orange Baby Carrots	Cereal & String Cheese Oranges LUNCH: Chicken Drumstick w/ WG Roll Oven Baked Potatoes Grapes Baby Carrots
USDA is an equal opportunity provider & employer. Menus are subject to change.	17	18	19	20	21
	Mini Cinni Rolls Fresh Pears LUNCH: Chicken Corndog On A Stick Celery Sticks Orange Baby Carrots	Bagel & Strawberry Cream Cheese Schoolboy Apple LUNCH: Chicken Tenders w/ Dipping Sauce & WG Roll Corn Diced Pears Baby Carrots	WG Mini Maple Pancakes Mixed Fruit LUNCH: ½ Turkey Sandwich w/Goldfish Pretzels Side Salad w/Ranch Cup Schoolboy Apple Baby Carrots	WG Banana Muffin Banana LUNCH: Chicken & Cheese Quesadilla Refried Beans Mixed Fruit Baby Carrots	Cereal & String Cheese Oranges LUNCH: Meatball Sub Cucumber Slices Diced Pears Baby Carrots
	24	25	26	27	28
	Banana Chocolate Chunk Cereal Bar Fresh Pears LUNCH: Bosco Cheese Stick Celery Sticks Mixed Fruit Baby Carrots Ranch Cup	Apple Frudel Schoolboy Apple LUNCH: Chicken Nuggets w/ Dipping Sauce & WG Roll Potato Smiles Orange Baby Carrots	WG Apple Muffin Peaches LUNCH: Beef Taco Stick Side Salad w/Ranch Cup Mixed Fruit Baby Carrots	WG Bagel & Cream Cheese Schoolboy Apple LUNCH: ½ Combo Sandwich w/Cheez-Its Edamame Fresh Grapes Baby Carrots	Cereal & String Cheese Oranges LUNCH: French Toast Stix Cucumbers Applesauce Baby Carrots
	31	November	2	3	4
	Strawberry Nutri-Grain Cereal Bar & Cheese Cubes Fresh Pears LUNCH: Cheesy Pull Apart Baked Beans Orange Baby Carrots	French Toast Breakfast Bar Schoolboy Apple LUNCH: Chicken Patty Sandwich Corn Pineapple Tidbits Baby Carrots	WG Bagel & Cream Cheese Mixed Fruit LUNCH: Macaroni & Cheese Fresh Broccoli Schoolboy Apple Baby Carrots	WG Maple Waffle Banana LUNCH: Hotdog Celery Sticks Mixed Fruit Baby Carrots	Cereal & String Cheese Oranges LUNCH: Tony's Pizza Cucumbers Fresh Grapes Baby Carrots

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