


# SLAM-AZ September Menu 2022-23

## ASSORTED FRUIT BASKET & CARROTS SERVED DAILY

1% WHITE OR FAT FREE FLAVORED MILK SERVED DAILY



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Breakfast Includes:</b> Entrée, fruit, 100% Fruit Juice and choice of 1% white or fat free flavored milk</p> <p><b>Lunch includes:</b> Entrée, fruit, ½ cup carrots, additional ½ cup vegetable and choice of 1% White or FF Flavored Milk</p>				<p>1 WG Honey Wheat Breakfast Bar Schoolboy Apple <b>LUNCH:</b> Cheeseburger Sliders Green Beans Banana Baby Carrots</p>	<p>2 Cereal &amp; String Cheese Orange <b>LUNCH:</b> Nachos w/Turkey Taco Meat &amp; Cheese Refried Beans Diced Peaches Baby Carrots</p>
	<p>5 <b>Labor Day No School</b></p>	<p>6 WG Blueberry Muffin Schoolboy Apple <b>LUNCH:</b> Bean &amp; Cheese Burrito Fresh Broccoli Orange Baby Carrots</p>	<p>7 Apple Cinnamon Nutri-Grain Cereal Bar &amp; Cheese Cubes Peaches <b>LUNCH:</b> Beef Taco Stick Cucumber Slices Diced Pears Baby Carrots</p>	<p>8 Cherry Frudel Schoolboy Apple <b>LUNCH:</b> Cheeseburger Baked Beans Orange Baby Carrots</p>	<p>9 Cereal &amp; String Cheese Oranges <b>LUNCH:</b> Chicken Drumstick w/ WG Roll Oven Baked Potatoes Grapes Baby Carrots</p>
<p><b>Daily Vegetarian Options:</b> Bean Burrito Peanut Butter &amp; Jelly Uncrustable</p> <p>SUSD serves whole grain bread and pasta and reduced fat, reduced sodium items where available. Items are baked, never fried.</p> <p>Menu subject to change based on availability</p> <p>Locally grown seasonal fruits and veggies will also be served based on availability</p>	<p>12 Mini Cinni Rolls Fresh Pears <b>LUNCH:</b> Chicken Corndog On A Stick Celery Sticks Orange Baby Carrots</p>	<p>13 Bagel &amp; Strawberry Cream Cheese Schoolboy Apple <b>LUNCH:</b> Chicken Tenders w/ Dipping Sauce &amp; WG Roll Corn Diced Pears Baby Carrots</p>	<p>14 WG Mini Maple Pancakes Mixed Fruit <b>LUNCH:</b> ½ Turkey Sandwich w/Goldfish Pretzels Side Salad w/Ranch Cup Schoolboy Apple Baby Carrots</p>	<p>15 WG Banana Muffin Banana <b>LUNCH:</b> Chicken &amp; Cheese Quesadilla Refried Beans Mixed Fruit Baby Carrots</p>	<p>16 Cereal &amp; String Cheese Oranges <b>LUNCH:</b> Meatball Sub Cucumber Slices Diced Pears Baby Carrots</p>
	<p>19 Banana Chocolate Chunk Cereal Bar Fresh Pears <b>LUNCH:</b> Bosco Cheese Stick Celery Sticks Mixed Fruit Baby Carrots Ranch Cup</p>	<p>20 Apple Frudel Schoolboy Apple <b>LUNCH:</b> Chicken Nuggets w/ Dipping Sauce &amp; WG Roll Potato Smiles Orange Baby Carrots</p>	<p>21 WG Apple Muffin Peaches <b>LUNCH:</b> Beef Taco Stick Side Salad w/Ranch Cup Mixed Fruit Baby Carrots</p>	<p>22 WG Bagel &amp; Cream Cheese Schoolboy Apple <b>LUNCH:</b> ½ Combo Sandwich w/Cheez-Its Edamame Fresh Grapes Baby Carrots</p>	<p>23 Cereal &amp; String Cheese Oranges <b>LUNCH:</b> French Toast Stix Cucumbers Applesauce Baby Carrots</p>
<p>USDA is an equal opportunity provider &amp; employer. Menus are subject to change.</p> 	<p>26 Strawberry Nutri-Grain Cereal Bar &amp; Cheese Cubes Fresh Pears <b>LUNCH:</b> Cheesy Pull Apart Baked Beans Orange Baby Carrots</p>	<p>27 French Toast Breakfast Bar Schoolboy Apple <b>LUNCH:</b> Chicken Patty Sandwich Corn Peaches Baby Carrots</p>	<p>28 WG Bagel &amp; Cream Cheese Mixed Fruit <b>LUNCH:</b> Macaroni &amp; Cheese Fresh Broccoli Schoolboy Apple Baby Carrots</p>	<p>29 WG Maple Waffle Banana <b>LUNCH:</b> Hotdog Celery Sticks Mixed Fruit Baby Carrots</p>	<p>30 Cereal &amp; String Cheese Oranges <b>LUNCH:</b> Tony's Pizza Cucumbers Fresh Grapes Baby Carrots</p>

This institution is an Equal Opportunity Provider.

