

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

Students Must Select  
3 out of the 5  
Meal Components.  
One Of The 3  
Components Selected,  
MUST Be Fruit or  
Vegetable.

1

2

3

4



*Happy New Year!*

We Offer FAT FREE 1% OR CHOCOLATE MILK WITH ALL MEALS

7

Turkey and Cheese Wrap  
Hot Dog  
Orange Chicken w/ Brown  
Rice

Carrot Coins  
Fruit  
1% or Fat Free Milk

8

Grilled Chicken w/ Mashed  
Potatoes & Roll  
Pepperoni Pizza  
Chicken Caesar Salad w/  
crackers

Butternut Squash  
Fruit  
1% or Fat Free Milk

9

Chicken and Waffles  
Sun Butter & Jelly Sandwich  
Bean & Cheese Burrito

Green Beans  
Fruit  
1% or Fat Free Milk

10

Quesadilla w/ Rice  
Cheeseburger  
Meatball Sub

Ranchero Beans  
Fruit  
1% or Fat Free Milk

11

Macaroni & Cheese w/ Roll  
Turkey & Cheese Sandwich  
Beefy Nachos w/ Rice

Cauliflower  
Fruit  
1% or Fat Free Milk

14

Cheese Enchiladas  
Chicken Nuggets w/ Mashed  
Potatoes  
Italian Sub

Refried Beans  
Fruit  
1% or Fat Free Milk

15

Rib BQ Sandwich  
Chicken Alfredo w/ Roll  
Corn Dog

Broccoli  
Fruit  
1% or Fat Free Milk

16

Pepperoni Pizza  
Orange Chicken w/ Brown  
Rice  
Crispy Chicken Salad

Carrot  
Fruit  
1% or Fat Free Milk

17

Breakfast for Lunch  
Pancakes & Sausage  
Chilaquiles  
American Sub

Hash Brown  
Fruit  
1% or Fat Free Milk

18

Beef & Broccoli  
Bean & Beef Burrito w/ Rice  
Hamburger

Peas  
Fruit  
1% or Fat Free Milk

ALL SALADS ARE SERVED WITH A WHOLE GRAIN ROLL

21



22

Grilled Cheese Sandwich w/  
Soup  
Beefy Macaroni w/ Roll  
Chicken Patty Sandwich

Broccoli  
Fruit  
1% or Fat Free Milk

23

Chicken Pozole w/ Chips  
Cheeseburger  
Beef Tacos

Refried Beans  
Fruit  
1% or Fat Free Milk

24

Beef Tacos w/ Spanish Rice  
Sweet & Sour Chicken  
Ham Turkey & Cheese  
Sandwich

Cauliflower  
Fruit  
1% or Fat Free Milk

25

Nachos w/ Rice  
Italian Dunkers  
Crispy Chicken Wrap

Carrot Coins  
Fruit  
1% or Fat Free Milk

28

Chicken & Waffles  
Hamburger  
Chef Salad

Carrot Coins  
Fruit  
1% or Fat Free Milk

29

Cheese or Pepperoni Pizza  
Chicken Caesar Salad  
Chicken Alfredo w/ Roll

Potato Wedges  
Fruit  
1% or Fat Free Milk

30

Turkey & Cheese Wrap  
Spaghetti w/ Meat Sauce &  
Roll  
Chicken Fried Rice

Green Beans  
Fruit  
1% or Fat Free Milk

31

Italian Sausage  
Tacos de Pibil\* w/ Rice  
Ham & Cheese Sandwich

Refried Beans  
Fruit  
1% or Fat Free Milk

\*Entrée contains pork

OUR MILK IS A LOCAL PRODUCT



ALL FRESH FRUIT & VEGGIES ARE CLEAN PRODUCTS



Any Questions Please Call Central Kitchen: (520) 377-9175

### USDA Meal Requirements Helping Build A Healthier Tomorrow For Students

Through the Healthy, Hunger-Free Kids Act (HHFKA) championed by the First Lady and signed by President Obama, the USDA began making changes to school meals two years ago. These changes included greater emphasis on reducing saturated fats, sodium and sugar in the menus, while also increasing food sources rich in nutrients like vitamins A and C, fiber and calcium.

The HHFKA standards align school meals with the latest nutrition science and are required to be consistent with the Dietary Guidelines for Americans. You can read more about the Dietary Guidelines for Americans at <http://www.health.gov/DietaryGuidelines/>.

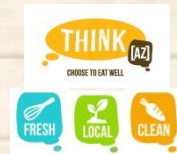


These guidelines are reviewed and revised every five years.

Responsible reforms like the HHFKA aim to do what's right for children's health and for the health of our country. It takes teamwork to help children understand good nutrition, encourage them to eat more fruits and vegetables and teach them how to maintain fitness for a lifetime. Together we can help ensure students today have greater opportunities for success tomorrow. Please encourage your child to eat balanced meals, try new foods and eat their daily fruits and vegetables.

Nutritional information is available at the food service office.

Menu subject to change without notice.  
\*Indicates pork product



*"This institution is an equal opportunity provider."*

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