

Mondays
Nov. 6 & 13

Tuesdays
Nov. 7 & 14

Wednesdays
Nov. 1, 8, & 15

Thursdays
Nov. 2, 9, & 16

Fridays
Nov. 3 & 17

Good Morning! Sunrise Selections Monday-Friday

Whole Grain Cinnamon French Toast

Fruit Yogurt

Breakfast Burrito

Egg, Cheddar, Mild Green Chilies, & Chorizo* in whole grain tortilla wrap (*made with beef & spices)

Strawberry Crisp Whole Grain Nutrition Bar

Fruit Yogurt

Pancake Sandwich

Egg, Cheddar, and Low Fat Pork Breakfast Sausage on Whole Grain Pancakes Also available without Sausage

Mango-Tango Yogurt Parfait with Strawberries

Mango & Sweet Strawberries Layered with Vanilla Yogurt, Whole Grain Cinnamon Granola, & Toasted Coconut

Whole Grain Mini Bagels offered with Cream Cheese & Fruit Yogurt, and Fruit and Juice, and Milk Available Daily.

CRAVES Monday-Friday

Mondays

Chicken Patty Sandwich

Crispy Chicken Patty on Whole Grain Bun with Lettuce & Tomato

Tuesdays

Sloppy Joe Sliders

Sweet Sloppy Joe Mini Sandwiches made with Beef, Fresh Green Peppers & Onions in seasoned tomato sauce on Whole Grain Mini "Slider" Rolls

Wednesdays

Smokie Mac' Stac'

Whole Grain, Creamy Alfredo Mac 'n' Cheese topped with Pork Little Smokie links and garnished with fresh green & red peppers

Thursdays

Fusion Express!

[See Descriptions Below for](#)
Nov. 2: Deluxe Pasta
Nov. 9: Beef Machaca Tacos
Nov. 16: Italian Sausage Sub

Fridays

Baked Chicken

Favorite Baked Chicken with Crispy Whole Grain Batter. Offered with Whole Grain Mini Corn Muffin

Pepperoni & Cheese Calzone

Whole Grain Calzone filled with Pepperoni*, Mozzarella & Parmesan Cheeses, and Zesty Italian Tomato Sauce (*made with beef)

Corn Dog

Tasty Chicken Hot Dog baked in whole grain Cornmeal Batter.

Double Cheese "Quesarrito"

Cheddar & Mozzarella Cheese Stuffed, Whole Grain "Quesarrito" -- A Delicious Quesadilla that looks like a Tasty Rolled Burrito -with Mild Green Chilies Offered with Salsa

Bean & Cheese Burrito

Healthy & Hearty Refried Pinto Beans & Cheddar Cheese in a Whole Grain Tortilla Wrapper Offered with Salsa

Southwestern Pizza

Taco-Seasoned Beef, Cheddar Cheese, and Southwestern Seasoned Tomato Sauce tops a Whole Grain, Crispy Pizza Crust

Fusion Express - Thursdays November 2, 9, & 16

Thursday November 2

Deluxe Pasta

Hearty Whole Grain Alfredo Mac 'n' Cheese Topped with an Absolutely Deluxe! Topping of Sausage*, Pepperoni*, Black Olives, Fresh Onion & Green Peppers. (*pork -topping is optional and/or available with just veggies)

Thursday November 9

Machaca Beef Tacos

Seasoned Shredded Beef with chopped, Roasted Onions & Green Peppers offered on Whole Grain Tortillas with Salsa & Lettuce

Thursday November 16

Italian Sausage Sub

Italian Sausage Topped with Seasoned Italian Tomato Sauce, Mozzarella & Parmesan Cheeses on a Whole Grain Sub Roll

Pizzeria:
Daily

Personal Size Pizza

Personal Size Round Pizza with Great Italian flavors and Whole Grain Flaky crust. Available With or without Pepperoni (pepperoni is made with beef & pork)

Crispy Chicken or Veggie Salad

Crispy Chicken & Assorted Cheese or Sunflower Seeds & Assorted Cheeses with Fresh Tomato & Carrot or Leafy Green Romaine lettuce

Fruits, Veggies, & Milk Choices Available Daily at All Menu Stations

Friday November 10: Veterans Day Observed

Menu May Be Continued on Reverse (or next page)

Mondays
Nov. 20 & 27; Dec. 4, 11, & 18

Tuesdays
Nov. 21 & 28; Dec. 5, 12, & 19

Wednesdays
Nov. 22 & 29; Dec. 6, 13, & 20

Thursdays
Nov. 30; Dec. 7, 14, & 21

Fridays
Dec. 1, 8, & 15

Good Morning! Sunrise Selections Monday-Friday

Whole Grain "Zany" Breakfast Bread

String Cheese

Whole Grain Lemon Scone

Fruit Yogurt

Pancake Sandwich

Egg, Cheddar, and Low Fat Pork Breakfast Sausage on Whole Grain Pancakes Also available without Sausage

Whole Grain Blueberry Breakfast Bar

String Cheese

Arizona Sunrise Yogurt Parfait

Mandarin Oranges & Sweet Strawberries Layered with Vanilla Yogurt, Whole Grain Cinnamon Granola, & Toasted Coconut

Whole Grain Mini Bagels offered with Cream Cheese & Fruit Yogurt, and Fruit and Juice, and Milk Available Daily.

CRAVES Monday-Friday

Mondays
Cheeseburger

All Beef Patty with Cheddar Cheese on a Whole Grain Bun . Offered with Lettuce & Tomato
Also available without cheese.

Tuesdays
Cherry Blossom Chicken

Whole Grain "Popcorn Style" Chicken Chunks Glazed with Japanese Style, Sweet & Sour Cherry Sauce Offered with Whole Grain Fried Rice

Wednesdays
Super Pretzel

Whole Grain Super Pretzel Offered with Creamy Cheddar Cheese Sauce Dip

Thursdays
Fusion Express!

See Descriptions Below for
Nov. 23: Thanksgiving recess
Nov. 30: Chili Cheese Dog
Dec. 7: Chicken Parmesan Pasta
Dec. 14: Barbacoa Burrito Boat
Dec. 21: BBQ Chicken Pizza

Fridays
Fiesta Rice Bowl

Shredded Seasoned Beef Tops Whole Grain Mexican Rice and garnished with Shredded Cheddar Cheese, Black Olives, Fresh Diced Green Onion and Tomatoes

Corn Dog

Tasty Chicken Hot Dog baked in whole grain Cornmeal Batter.

Double Cheese "Quesarrito"

Cheddar & Mozzarella Cheese Stuffed, Whole Grain "Quesarrito" -- A Delicious Quesadilla that looks like a Tasty Rolled Burrito -with Mild Green Chilies Offered with Salsa

Southwestern Pizza

Taco-Seasoned Beef, Cheddar Cheese, and Southwestern Seasoned Tomato Sauce tops a Whole Grain, Crispy Pizza Crust

Bean & Cheese Burrito

Healthy & Hearty Refried Pinto Beans & Cheddar Cheese in a Whole Grain Tortilla Wrapper Offered with Salsa

Pepperoni & Cheese Calzone

Whole Grain Calzone filled with Pepperoni*, Mozzarella & Parmesan Cheeses, and Zesty Italian Tomato Sauce (*made with beef)

Fusion Express - Thursdays November 2, 9, & 16

Thursday November 23



Thursday November 30

Chili Cheese Dog

Homemade Cowboy Chili & Shredded Cheddar Cheese Tops a Taste Turkey Hot Dog on a Whole Wheat Bun

Thursday December 7

Chicken Parmesan Pasta

Whole Grain Breaded Crispy Chicken Strips in Marinara Sauce with Italian Seasonings, Parmesan & Mozzarella Cheese offered with Whole Grain Penne Pasta

Thursday December 14

Barbacoa Burrito Boat

Shredded beef seasoned offered on a whole grain tortilla "boat" garnished with green lettuce, shredded cheese, and salsa. Offered with Whole Grain Cilantro Lime Rice

Thursday December 21

BBQ Chicken Pizza

Freshly Baked Cheesy Pizza Crust Topped with Zesty BBQ Shredded Chicken

Pizzeria:
Daily

Personal Size Pizza

Personal Size Round Pizza with Great Italian flavors and Whole Grain Flaky crust. Available With or without Pepperoni (pepperoni is made with beef & pork)

Crispy Chicken or Veggie Salad

Crispy Chicken & Assorted Cheese or Sunflower Seeds & Assorted Cheeses with Fresh Tomato & Carrot or Leafy Green Romaine lettuce

Fruits, Veggies, & Milk Choices Available Daily at All Menu Stations

Thanksgiving Recess: Nov. 23 & 24. Grading Day Dec. 22 Winter Break Dec. 25 to Jan. 5

Menu May Be Continued on Reverse (or next page)

2017-2018 Meal Prices	Breakfast	Reduced Price	Lunch	Reduced Price
6-8th Grades	\$ 1.50	\$ 0. 25	\$ 2.80	\$ 0. 40
Second Student Meal* / Unenrolled Student Meal / Adult Meal - without milk	\$1.75		\$2.85	
Second Student Meal* / Unenrolled Student Meal / Adult Meal - With Milk	\$2.00		\$3.15	

Students must select at least a Half Cup of Fruit or Vegetable with Meals
Milk available at all meals (Low Fat (1%), Fat Free (Skim), and Fat Free Chocolate)
Any Product May Contain Peanuts / Peanut Oils

Adults may easily set up an Advance Pay Account for their own meals and food purchases but may not use their child's account due to Federal Program Rules & Guidelines

Portions may be adjusted for different grade levels based on the USDA Meal Pattern/Nutrient requirements

*Second meal purchases only available to High School Students due to Arizona State Nutrition Standards

Thanksgiving Recess: Thursday & Friday, November 23 & 24
Grading Day: December 22
Winter Fall Break: December 25 to January 5

MENU IS SUBJECT TO CHANGE

Tucson Unified School District is committed to a policy of nondiscrimination based on disability, race, color, religion/religious beliefs, sex, sexual orientation, gender identity or expression, age, or national origin.

This policy will prevail in all matters concerning Governing Board, District Employees, Students, the Public Educational Programs and Services and Individuals with whom the Board does business.

Inquiries concerning Title VI, Title VII, Title IX, Section 504, and the Americans with Disabilities Act may be referred to the EEO Compliance Office, 1010 East 10th Street, Tucson, Arizona, 85719 (520)-225-6444 or to the Office of Civil Rights , U.S. Department of Education, Cesar E. Chavez Memorial Building, 1244 Speer Boulevard, Suite 310, Denver, Colorado, 80204-3582.

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TUSD Food Services Department
Our Goal is to Provide Healthy Meals for Tomorrow's Decision Makers.
www.tusd1.org/Departments/FoodServices/MenuforSchoolMeals