




Breakfast

September 2017

SRES

Monday,	Tuesday,	Wednesday,	Thursday,	Friday, 9/1
Menu subject to change		This institution is an equal opportunity provider and employer		Fruit muffin String cheese Banana
Monday, 9/4	Tuesday, 9/5	Wednesday, 9/6	Thursday, 9/7	Friday, 9/8
HOLIDAY LABOR DAY 	Whole-grain Waffle Sticks Apple cinnamon Dip/ Fruit juice	Cheese crisp w/ sausage Kiwi slice/ Fruit juice	Rice Krispy Cereal Mozz String cheese stick Banana / fruit juice	Banana bread squares Scrambled egg w/ cheese Raspberries
Monday, 9/11	Tuesday, 9/12	Wednesday, 9/13	Thursday, 9/14	Friday, 9/15
Egg salad sandwich on Whole wheat toast Blueberry / fruit juice	Kix cereal Cheddar cheese stick Orange slice	Scrambled egg w/ shredded jack cheese Whole grain tortilla Strawberries	Whole-grain Breakfast Pizza Banana / fruit juice	Hardboiled egg Whole grain pancakes Honeydew
Monday, 9/18	Tuesday, 9/19	Wednesday, 9/20	Thursday, 9/21	Friday, 9/22
Multi-Grain Cheerios Cheddar Cheese Stick Canned pears	Quiche with self-forming crust Whole grain bread sl. Kiwi	Scrambled Egg w/ ham Whole grain toast Fresh strawberries	Oatmeal Muffin square Turkey sausage link Raspberries	Whole grain pancake Ham slice Blueberry topping/ fruit juice
Monday, 9/25	Tuesday, 9/26	Wednesday, 9/27	Thursday, 9/28	Friday, 9/29
Oatmeal Hardboiled egg Watermelon	Whole grain waffle Cinnamon –apple topping Turkey bacon	Biscuit and gravy Sausage patty Apricots	Breakfast Burrito egg, ham, cheese Whole-Grain Tortilla Salsa Honeydew	TRIBAL HOLIDAY NATIVE AMERICAN RECOGNITION DAY

The kitchen staff welcomes your comments on our meals. Parents have an open invitation to drop by and see what we are serving our kids. Any questions call: ECEC/SRES Supervisor, Michelle Kelly 480-362-2242



Milk served with each meal daily



Salad Bar served daily



Build a Rainbow at the Salad Bar to increase vegetable and fruit consumption

Celebrate and elevate the wonderful efforts school food service teams make to serve nutritious food at your school. Occurs in September, National Fruit & Vegetable Month.

Lunch

September 2017

SRES

Monday,	Tuesday,	Wednesday,	Thursday,	Friday, 9/1
Menu subject to change		This institution is an equal opportunity provider and employer		Taco salad Ground beef Shredded lettuce Mango Guacamole, sour cream
Monday, 9/4	Tuesday, 9/5	Wednesday, 9/6	Thursday, 9/7	Friday, 9/8
HOLIDAY LABOR DAY 	Turkey and cheese Sandwich Whole grain bread lettuce, tom slice Tater smiles Watermelon	Garlic chicken Country blend vegetables Pasta noodles Fresh strawberries	Popcorn chicken bowl Corn ,mashed pot, and gravy cheddar cheese sprinkle Honeydew	Tuna noodles casserole Peas Canned peaches
Monday, 9/11	Tuesday, 9/12	Wednesday, 9/13	Thursday, 9/14	Friday, 9/15
Toasted cheese sandwich on Whole grain bread Summer salad Apple slice	Swedish meatballs Whole grain pasta Broccoli florets FRUIT	Chef salad-lettuce, tomato, egg slice shredded cheese, slice turkey Whole grain bread stick Cantaloupe	Meatloaf Scalloped potatoes Green beans Fruited jello	Soft chicken Taco w/ whole grain tortilla salsa refried pinto beans canned pineapple
Monday, 9/18	Tuesday, 9/19	Wednesday, 9/20	Thursday, 9/21	Friday, 9/22
Chicken salad sandwich on Whole grain bun Mandarin orange	Mexicali taco bowl w/ Grounded beef, diced tom, cheddar cheese, fresh cilantro and salsa Sweet potato fries FRUIT	Turkey and cheese Sandwich on Whole grain bun Lettuce, tomato Banana	Popcorn chicken bowl Corn, mashed potatoes and gravy Cheddar cheese Honeydew	Macaroni cheese w/ ham Bits Steamed broccoli Kiwi
Monday, 9/25	Tuesday, 9/26	Wednesday, 9/27	Thursday, 9/28	Friday, 9/29
Cheese Pizza Orange slices 	Grilled chicken breast Harvest bake vegetables: Squash & sweet pot Brown rice Kiwi	Sesame chicken salad w/ Chilled spaghetti Noodles, cabbage Canned pineapple	Cheese quesadilla Black beans w/ corn FRUIT	TRIBAL HOLIDAY NARD

Students, "BUILD A RAINBOW AT THE SALAD BAR" SEPT. 21, 2016 @ LUNCH

Make colorful fruits and veggies a part of each meal! You will get more nutrients and feel fuller for a longer period of time, and give your body the things it needs to stay HEALTHY!

Supported by University of Arizona Nutrition Network, Cooperative Extension -Maricopa County

Snack

September 2017

SRES

Monday,	Tuesday,	Wednesday,	Thursday,	Friday, 9/1
This institution is an equal opportunity provider and employer		Menu subject to change		Refried Bean Dip Tortilla
Monday, 9/4	Tuesday, 9/5	Wednesday, 9/6	Thursday, 9/7	Friday, 9/8
HOLIDAY No School	Yogurt Apple Slices	Soft Pretzel Cheese Dip Milk	Cereal Milk	Cucumber Sticks Kidney Bean Dip
Monday, 9/11	Tuesday, 9/12	Wednesday, 9/13	Thursday, 9/14	Friday, 9/15
Ham slice WG crackers	Cereal Milk	Pinto Bean Dip Grated Cheese Tortilla	Turkey slice WG Dinner roll	Rice Krispies Cereal Milk
Monday, 9/18	Tuesday, 9/19	Wednesday, 9/20	Thursday, 9/21	Friday, 9/22
Cucumber slice Hummus	Yogurt Red Apple Slices	Cereal Milk	Cheddar Stick Wheat Crackers	Apple Slices Cream Cheese Cinnamon Milk
Monday, 9/25	Tuesday, 9/26	Wednesday, 9/27	Thursday, 9/28	Friday, 9/29
Cereal Milk	WG Crackers Ham Slice	Cornbread Cube Pear Slices	Yogurt Cantaloupe	No school HOLIDAY NARD

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Programs are available to all without regard to race, color, national origin, sex, age or disability.