







Monday	Tuesday	Wednesday	Thursday	Friday
	Balanced Choices meal components are noted with an asterisk and exceed USDA nutrition recommendations.	<b>Early Release 1-Day 6</b> *TERIYAKI DIPPERS OR SWEET & SOUR CHICKEN BOWL OR TURKEY RANCH WRAP  *Sticky Rice *Stir Fry Veggies *Variety of Milk *Five Star Salad Bar Warm Breakfast Burrito	2 <b>Professional Development No School</b>	3 <b>Professional Development No School</b>
		6 <b>Labor Day No School</b>	<b>7-Day 1</b> OVEN ROASTED CHICKEN OR *HOT DOG OR TOASTED HAM AND CHEESE  *Country Rice Pilaf *Carrot Coins *Variety of Milk *Five Star Salad Bar Breakfast Square	<b>8-Day 2</b> *BAKED ZITI OR CHICKEN CORDON BLEU SANDWICH OR CHICKEN CAESAR WRAP  *Seasoned Green Beans *Variety of Milk *Five Star Salad Bar Warm Pancake on a Stick
13-Day 5	<b>14-Day 6</b> STUFFED SHELLS OR CHICKEN PARMESAN OR PIZZA STICKS W/ SAUCE Italian Veggies Variety of Milk Five Star Salad Bar Cinnamon French Toast	<b>Early Release 15-Day 1</b>  ASIAN NOODLE BOWL OR TERIYAKI DIPPERS OR *BBQ RIB SANDWICH *Oriental Veggies Fortune Cookie *Variety of Milk *Five Star Salad Bar Warm French Toast Sticks	<b>16-Day 2</b> CHEESE QUESADILLA OR GREEN CHILI CHEESE BURRITO OR HOT HAM & CHEESE BAGEL Yummy Corn Variety of Milk Five Star Salad Bar Granola Bar and String Cheese	<b>17-Day 3</b>  *TURKEY NOODLES OR HAMBURGER OR CRISPY CHICKEN WRAP *Green Beans *Graham Crackers *Variety of Milk *Five Star Salad Bar Muffin
Uncrustable	Cinnamon French Toast	Warm French Toast Sticks	Granola Bar and String Cheese	Muffin

**Cereal, Juice, Fruit and Milk is served daily at breakfast.**

**The "5 Star Salad Bar" offers a variety of fruits, vegetables, toppings and condiments to complement your meal.**

**Meal Prices: Elementary** - Breakfast \$1.00, Lunch \$1.50. **Adult** - Breakfast \$1.50, Lunch \$2.50.

**Reduced Price** - Breakfast \$0.30, Lunch \$0.40, **Milk** - \$0.50.

**Breakfast & Lunch Combined Nutrition Averages:**

**Calories: 662**  
**Total Fat %: 22.58%**  
**Saturated Fat % : 7.75%**  
**Cholesterol: 52 mg**  
**Sodium: 1323 mg**  
**Fiber: 6.62 g**

You may qualify for free or reduced price meals. Applications are available at all schools and the district office. For questions regarding the food service program you can call the food service office at (623) 772-2270

Monday	Tuesday	Wednesday	Thursday	Friday
20-Day 4	21-Day 5	22-Day 6	23-Day 1	24-Day 2
CRISPY CHICKEN OR CHEESEBURGER OR FISHWICH Oven Fries Variety of Milk Five Star Salad Bar <b>with Arizona Cantaloupe</b>	*PEPPERONI PIZZA SQUARES OR BEEF RAVIOLI OR CHICKEN CAESAR SALAD Bread Stick *Veggie Pasta Salad *Variety of Milk *Five Star Salad Bar	ORANGE CHICKEN BOWL OR BEEF FINGERS OR ORIENTAL CHICKEN WRAP Baked Cheetos Variety of Milk Five Star Salad Bar <b>with Arizona Cantaloupe</b>	CHEESE ENCHILADAS OR *BEEFY NACHOS OR HAM & CHEESE SUB *Yummy Corn *Variety of Milk *Five Star Salad Bar <b>with Arizona Cantaloupe</b>	MAC AND CHEESE OR *CRISPY CHICKEN SANDWICH OR TURKEY SALAD CROISSANT *Carrot Coins *Variety of Milk *Five Star Salad Bar <b>with Arizona Cantaloupe</b>
<i>Jumpstart</i>	<i>Breakfast Square</i>	<i>Warm Breakfast Burrito</i>	<i>Yogurt and Graham Crackers</i>	<i>Super Donut</i>
27-Day 3	28-Day 4	Early Release 29-Day 5	30-Day 6	
HAM AND FRENCH TOAST OR *CORN DOG OR TURKEY BACON WRAP *Peas and Carrots *Potato Wedges *Variety of Milk *Five Star Salad Bar	PIZZA STICKS W/ SAUCE OR GRILLED CHICKEN SANDWICH OR MEATBALL SUB SANDWICH Sun Chips Variety of Milk Five Star Salad Bar <b>with Arizona Cantaloupe</b>	BBQ SLIDERS OR TROUT TREASURES OR *HOT DIGGITY DOG *Crinkle Cut Fries *Steamed Broccoli *Variety of Milk *Five Star Salad Bar	GREEN CHILI CHEESE BURRITO OR TACO SALAD OR CHICKEN FAJITAS Refried Beans Variety of Milk Five Star Salad Bar <b>with Arizona Cantaloupe</b>	
<i>Uncrustable</i>	<i>Cinnamania French Toast</i>	<i>Warm Pancake on a Stick</i>	<i>Granola Bar and String Cheese</i>	

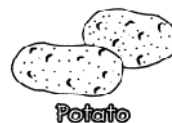
# EAT LOCAL



*This month's menu will feature local cantaloupe grown right here in the west valley.*

## MATCHING

Match the appropriate fruit or vegetable with their descriptions.



- A. Has a good source of vitamins A and C. It is a member of the squash and gourd family.
- B. This sweet fruit with a yellow peel is one of the more popular fruits in United States.
- C. This white vegetable is related to broccoli, cabbage, and brussel sprouts.
- D. This vegetable is great baked or mashed.
- E. Related to potatoes, eggplant, and peppers. Botanically it is a berry and classified as a fruit, not a vegetable.
- F. This fruit has a very thin skin and crunchy, sweet white flesh.
- G. It has many variety including button, shiitake and portobello.



### ANSWERS:

A. Pumpkin, B. Banana, C. Cauliflower, D. Potato, E. Tomato, F. Pear, G. Mushroom

Source: [www.freshforkids.com](http://www.freshforkids.com)

THIS INSTITUTION IS AN EQUAL EMPLOYMENT OPPORTUNITY PROVIDER  
Food Service Provided by Chartwells School Dining Services. Menu subject to change without notice. Questions?  
Call James Capen @ (623) 772-2270.

