<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>March 2</td>
<td>March 3</td>
<td>March 4</td>
<td>March 5</td>
<td>March 6</td>
</tr>
<tr>
<td>Banana Bread Hard Boiled Egg</td>
<td>Breakfast Burrito With Egg, Cheese, &amp; Beef Chorizo Hard Boiled Egg</td>
<td>French Toast Sticks Breakfast Lite Pork Sausage</td>
<td>Buttermilk Pancakes Hard Boiled Egg</td>
<td>Orange Blossom Scone Hard Boiled Egg</td>
</tr>
<tr>
<td>Mozzarella Sticks Baked, Whole grain Breaded Cheese-filled Sticks for dipping in Marinara Sauce.</td>
<td>Chicken Patty Sandwich</td>
<td>Domino’s Pizza With/without pepperoni* *(beef &amp; pork)</td>
<td>Sweet &amp; Sour Chicken Tender Chicken Strips in traditional sweet &amp; sour glaze, offered with Fried Rice</td>
<td>Nacho Grande</td>
</tr>
<tr>
<td>Bean &amp; Cheese Burrito Salsa</td>
<td>Turkey* &amp; Cheese Croissant Sandwich *made with dark meat turkey</td>
<td>Hot Dog! Tasty turkey hot dog on a whole grain bun; Offered with Crackers</td>
<td>2nd Entrée To Be Announced Please check with your cafeteria team.</td>
<td>Corn Dog Tasty Chicken hot dog baked in whole grain batter</td>
</tr>
<tr>
<td>March 9</td>
<td>March 10</td>
<td>March 11</td>
<td>March 12</td>
<td>March 13</td>
</tr>
<tr>
<td>Strawberry Pancakes Hard Boiled Egg</td>
<td>Breakfast Burrito With Egg, Cheese, &amp; Beef Chorizo Hard Boiled Egg</td>
<td>Pancake Sandwich With Egg &amp; Cheese (sausage is available on the side to add to sandwich as desired) Breakfast Lite Pork Sausage</td>
<td>Confetti Fun Mini Pancakes Hard Boiled Egg</td>
<td>Grading Day</td>
</tr>
<tr>
<td>Tamale Cheese &amp; Green Chili Filling; offered with salsa</td>
<td>Pork Little Smokies Offered with Mac ‘n Cheese</td>
<td>Domino’s Pizza With or without pepperoni* *(beef &amp; pork)</td>
<td>Baked Chicken Corn Muffin</td>
<td>Spring Break: March 16 to 20</td>
</tr>
<tr>
<td>Chili Cheese Dog Tasty Chicken hot dog topped with beef chili &amp; cheese on a whole grain bun</td>
<td>Cheesy Pull-Apart Bread Fluffy bread rolls stuffed with cheese; pull ‘em apart and dip in Marinara Sauce</td>
<td>Crunchy Fish Nuggets Offered with Crackers</td>
<td>Corn Dog Tasty Chicken Hot dog baked in whole grain batter</td>
<td></td>
</tr>
<tr>
<td>March 23</td>
<td>March 24</td>
<td>March 25</td>
<td>March 26</td>
<td>March 27</td>
</tr>
<tr>
<td>Banana Pancakes String Cheese</td>
<td>Mini French Toast String Cheese</td>
<td>Pancake Sandwich With Egg &amp; Cheese (sausage is available on the side to add to sandwich as desired) Breakfast Lite Pork Sausage</td>
<td>Breakfast Burrito String Cheese</td>
<td>Lemon Scone String Cheese</td>
</tr>
<tr>
<td>Chicken Nuggets Popcorn Style, Baked Chicken Nuggets offered with Crackers</td>
<td>Pasta &amp; Italian Meat Sauce</td>
<td>Domino’s Pizza With or without pepperoni* *(beef &amp; pork)</td>
<td>Cheeseburger Or Hamburger</td>
<td>Nacho Grande</td>
</tr>
<tr>
<td>Bean &amp; Cheese Burrito Salsa</td>
<td>Chicken Patty Sandwich</td>
<td>Chili Cheese Dog Tasty Chicken hot dog topped with beef chili &amp; cheese on a whole grain bun</td>
<td>Cheesy Pull-Apart Bread Fluffy bread rolls stuffed with cheese; pull ‘em apart and dip in Marinara sauce!</td>
<td>Corn Dog Tasty chicken hot dog in whole grain batter</td>
</tr>
<tr>
<td>March 30</td>
<td>March 31</td>
<td>April 1</td>
<td>April 2</td>
<td>April 3</td>
</tr>
<tr>
<td>Strawberry Pancake Bowl String Cheese</td>
<td>Cinnamon Crumb Loaf String Cheese</td>
<td>French Toast Sticks Breakfast Lite Pork Sausage</td>
<td>Breakfast Burrito With egg, cheese, &amp; beef chorizo String Cheese</td>
<td>Blueberry Muffin Loaf String Cheese</td>
</tr>
<tr>
<td>Cheeseburger Sliders Twin cheeseburgers on mini rolls</td>
<td>Turkey* &amp; Cheese Croissant Sandwich *made with dark meat turkey</td>
<td>Bean &amp; Cheese Burrito Salsa</td>
<td>Grilled Cheese Sandwich</td>
<td>Hot Dog! Tasty Turkey hot dog; Offered with crackers</td>
</tr>
</tbody>
</table>
## Project More Menu

### March 2020

**Monday**
- **April 6**
  - Banana Pancakes
    - String Cheese
  - Mexican Flatbread
    - Cheese & Refried Beans top hearty flatbread, garnished with tomato* & lettuce*; Salsa offered. *pending season
  - Cheesy Pull-Aparts
    - Fluffy bread rolls stuffed with cheese; pull 'em apart and dip in Marinara sauce!

**Tuesday**
- **April 7**
  - Mini French Toast
    - String Cheese
  - Buffalo Chicken Drumstick
    - Offered with Cheddar Mac 'n Cheese
  - Bean & Cheese Burrito
    - Salsa

**Wednesday**
- **April 8**
  - Pancake Sandwich
    - With egg & cheese (sausage is available on the side to add to sandwich as desired)
  - Domino's Pizza
    - With/without pepperoni * beef & pork
  - Cheeseburger
    - Or Hamburger

**Thursday**
- **April 9**
  - Breakfast Burrito
    - With egg, cheese, & beef chorizo
  - String Cheese
  - Baked Chicken
    - Corn Muffin
  - Tamale
    - Cheese & Green Chili; offered with salsa

**Friday**
- **April 10**
  - Spring Holiday
  - Breakfast Burrito
    - With egg, cheese, & beef chorizo
  - String Cheese
  - Baked Chicken
    - Corn Muffin
  - Tamale
    - Cheese & Green Chili; offered with salsa

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### March is National Nutrition Month®

**Protein Food Group Quiz!**

1. Most Americans get enough Protein in their diets. True or False?
2. All people need the same amount of Protein foods. True or False?

**Answers:**

1. True – Most Americans eat plenty of protein but could add more variety in those choices including leaner meats, seafood, and plant-based proteins (beans, peas, & seeds).
2. FALSE – the amount of protein people need varies by several factors including age and physical activity level. The recommended amount varies by 5 to 7 ounces a day.
3. BOTH – Beans and peas are counted as proteins and vegetables because they contain nutrients common to both food groups: Protein (Protein, Iron, & Zinc); Vegetable (Fiber, Potassium, & Folate). Because of this high nutrient content everyone should enjoy often!
4. SARDINES – Eating canned fish with bones like sardines and anchovies provides calcium. The bones in these fish are very soft so they can be eaten.

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### 2019-2020 Meal Prices

<table>
<thead>
<tr>
<th></th>
<th>Breakfast</th>
<th>Breakfast Reduced Price</th>
<th>Lunch</th>
<th>Lunch Reduced Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-K - 5th Grade</td>
<td>$1.25</td>
<td>$0.25</td>
<td>$2.30</td>
<td>$0.40</td>
</tr>
<tr>
<td>6-7th Grade</td>
<td>$1.50</td>
<td>$0.25</td>
<td>$2.80</td>
<td>$0.40</td>
</tr>
<tr>
<td>9-12th Grade</td>
<td>$1.50</td>
<td>$0.25</td>
<td>$2.80</td>
<td>$0.40</td>
</tr>
<tr>
<td>Adult Meal or Unenrolled Student w/o milk</td>
<td>$1.75</td>
<td>-</td>
<td>$2.85</td>
<td>-</td>
</tr>
<tr>
<td>Adult Meal or Unenrolled Student with milk</td>
<td>$2.00</td>
<td>-</td>
<td>$3.10</td>
<td>-</td>
</tr>
</tbody>
</table>

**Milk Only – Ala Carte** $0.30 cents

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### Students must select at least a Half Cup of Fruit or Vegetable with all meals.

### Milk Choices include Low Fat (1%), Fat Free (Skim), and Fat Free Chocolate.

### Portions may be adjusted for different grade levels based on the USDA Meal Pattern.

### Adults may easily set up an Advance Pay Account for their own meals and food purchase but may not use their child's account due to Federal program rules & guidelines.

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### Additional Daily Breakfast Entrées include Bagel & Cream Cheese (or Jam) and Whole Grain Cereal with a String Cheese (or other proteins as available, for instance, yogurt or hard boiled egg).

### Lunch includes Fruit, Veggies, & Milk daily; Additional Daily Lunch Entrées at Project More:

- Crispy Chicken Salad & Veggie Salad
- Wild Mike’s Pizza (with or without Beef Pepperoni on Mondays, Tuesdays, Thursdays & Fridays)
- Sunflower Butter* & Jelly Sandwich (*“Sun-Butter” is peanut & tree nut free)

*Domino’s Pizza meets National School Lunch Program Menu Requirements!*

---

### Breakfast includes Milk, Fruit, & 100% Juice, and a daily Protein choice.

### Additional Daily Breakfast Entrées include Bagel & Cream Cheese (or Jam) and Whole Grain Cereal with a String Cheese (or other proteins as available, for instance, yogurt or hard boiled egg).

### Lunch includes Fruit, Veggies, & Milk daily; Additional Daily Lunch Entrées at Project More:

- Crispy Chicken Salad & Veggie Salad
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*Domino’s Pizza meets National School Lunch Program Menu Requirements!*

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### TUSD Food Service Department

Our Goal is to Provide Healthy Meals for Tomorrow’s Decision Makers.

**www.tusd1.org/Departments/FoodServices**

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**National Nutrition Month®**

Is a nutrition education campaign by the Academy of Nutrition and Dietetics

**www.eatright.org**