

# Elementary School Menu

February 2010

Kindergarten - Fifth Grade ~ ~ TUSD Food Services Department



	Monday	Tuesday	Wednesday	Thursday	Friday
5 Good Morning!	<b>February-1</b> Bagel & Cream Cheese (or jelly) Orange Juice, Milk	<b>February-2</b> Whole Grain Cinnamon Rolls & String Cheese Fresh Fruit; Milk	<b>February-3</b> Golden Corn Muffin & Low Fat Pork Breakfast Sausage; Applesauce; Milk	<b>February-4</b> Breakfast Egg & Cheese Burrito with Hash Browned Potatoes Pears; Milk	<b>February-5</b> Belgian Waffle & Syrup with Fruit Yogurt Orange Juice; Milk
	Breakfast Bar & Fruit Yogurt, Featured Fruit or Juice, & Milk are Available Daily				
	Lunch	Chicken Enchilada with Spanish Rice Fruit Cocktail Milk	Sweet Asian Glazed Chicken "Nuggets" with Fried Rice Pineapple Milk	Ravioli & Warm Seasoned Breadstick Frozen Fruit Juice Smoothie Milk	Cheese Pizza Slice Fresh Fruit Strawberry Crackers Milk
Lunch Express	Cheeseburger on Multi-grain Bun with Lettuce & Tomato Fruit Cocktail; Milk	Beef & Bean Burrito Baked Tortilla Chips, Salsa Pineapple Milk	Corn Dog* Baby Carrots & Light Ranch Dip Frozen Fruit Juice Smoothie; Milk <small>*corn dogs are made with turkey</small>	Ham* & Cheddar Sandwich on Wheat Bread with Lettuce & Tomato Light Mayo Packet; Fresh Fruit Strawberry Crackers, Milk ( <small>*pork</small> )	Chicken Patty Sandwich on a Multi-Grain Bun with Lettuce & Tomato Peaches; Milk
1 Good Morning!	<b>February-8</b> Bagel & Cream Cheese (or jelly) Orange Juice Milk	<b>February-9</b> Cheese Omelet with Oat-Nut Toast & Jam Applesauce; Milk	<b>February-10</b> French Toast & Syrup served with Fruit Yogurt Mandarin Oranges; Milk	<b>February-11</b> Breakfast Egg & Cheese Burrito with Hash Browned Potatoes Fresh Fruit; Milk	<b>February-12</b> Sunrise Sandwich (Egg, Ham*, & Cheddar, English Muffin) Orange Juice; Milk <small>*Ham is made with pork</small>
	Breakfast Bar & Fruit Yogurt, Featured Fruit or Juice, & Milk are Available Daily				
	Lunch	Pork Smokie Links with a Flour Tortilla & Western Beans Tropical Fruit Mix; Milk	Pasta & Meat Balls with A Warm Breadstick Baby Carrots & Light Ranch Dip Milk	<b>* PARENT TEACHER CONFERENCES *</b> Bean & Cheese Burrito Baked Tortilla Chips & Salsa Fresh Fruit; Milk	Pepperoni Pizza Slice Tossed Butter Lettuce Salad Cheese Crackers; Milk <small>*Pepperoni is made with beef &amp; pork</small>
Lunch Express	Chicken Nuggets & Corn Muffin Tropical Fruit Mix Milk	Crispy Chicken Salad All White Chicken in a Crispy Breading, Cheese, & Fresh Veggies on Butter Lettuce Greens; Served with a Warm Breadstick, Oatmeal Raisin Cookie and Milk	Corn Dog* Fresh Fruit Strawberry Snack Crackers; Milk <small>*corn dogs are made with turkey</small>	Turkey & Cheddar Sandwich with Lettuce & Tomato on a Potato Roll Lite Mayo Packet, Pears Cheese Crackers; Milk	Grilled Chicken Sub Sandwich BBQ Sauce, Lettuce & Tomato Pineapple Lemon Crackers; Milk
2 Good Morning!	<b>February-15</b> Belgian Waffle & Syrup With Fruit Yogurt Orange Juice, Milk	<b>February-16</b> Potato Pancakes & Low Fat Pork Breakfast Sausage Fresh Fruit; Milk	<b>February-17</b> Bagel & Cream Cheese (or jelly) Mandarin Oranges; Milk	<b>February-18</b> Buttermilk Biscuit & Jam with Low Fat Pork Breakfast Sausage Applesauce; Milk	<b>February-19</b> Whole Grain Cinnamon Rolls & String Cheese Orange Juice; Milk
	Breakfast Bar & Fruit Yogurt, Featured Fruit or Juice, & Milk are Available Daily				
	Lunch	Shrimp* Poppers with Macaroni & Cheese Peaches; Milk <small>*contains shellfish (shrimp)</small>	Nacho Grande All White Chicken Fajita Strips, Cheddar Cheese Sauce; Baked Tortilla Chips; Salsa, Green Chilies & Fresh Diced Tomatoes. Served with Baby Carrots & Milk	Cheese Crisp with Salsa With Refried Beans Fruit Cocktail Milk	Cheese Pizza Slice Fresh Fruit Strawberry Frozen Yogurt Milk
Lunch Express	Hamburger on a Bun With Lettuce & Tomato Peaches Milk	Turkey & Cheddar Sandwich with Lettuce & Tomato on a Potato Roll Lite Mayo Packet; Baby Carrots Cheese Crackers; Milk	Chicken Patty Sandwich on Multi-grain Bun with Lettuce & Tomato Fruit Cocktail; Milk	Hot Dog* on a Bun Fresh Fruit Strawberry Frozen Yogurt Milk <small>*Hot dogs made with turkey</small>	Bean & Cheese Burrito Baked Tortilla Chips, Salsa Pineapple Milk

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February 2010 (page 2) TUSD Food Services Department



	Monday February-22	Tuesday February-23	Wednesday February-24	Thursday February-25	Friday February-26
3 Good Morning!	<b>Sweet Potato Pancakes</b> with Syrup & <b>Low Fat Pork Breakfast Sausage</b> Apple Slices; Milk	<b>Blueberry Muffin with Fruit Yogurt</b> Tropical Fruit; Milk <small>Breakfast Bar &amp; Fruit Yogurt, Featured Fruit or Juice, &amp; Milk are Available Daily</small>	<b>Cheese Omelet with English Muffin &amp; Jam</b> Orange Juice; Milk	<h2>Rodeo Weekend</h2>	
Lunch	<b>Chicken Taco &amp; Ranch Beans</b> All White Chicken Fajita Strips in a Flour Tortilla with Shredded Lettuce & Cheddar Applesauce; Milk	<b>Grilled Chicken Sub Sandwich</b> BBQ Sauce, Lettuce & Tomato Peaches Cheese Crackers; Milk	<b>Beef Meatball Sub Sandwich</b> with Italian Tomato Sauce Pineapple Parmesan Snack Crackers; Milk		
Lunch Express	<b>Hamburger</b> on a Multi-Grain Bun Lettuce & Tomato Applesauce; Milk	<b>Ham* &amp; Cheddar Sandwich</b> on Wheat Bread with Lettuce & Tomato Light Mayo Packet; Peaches Cheese Crackers, Milk (*pork)	<b>Chicken Nuggets</b> Golden Corn Muffin Pineapple Milk		

## February is Children's Dental Health Month



Our teeth are part of our bodies too! We may not think about our teeth very much, but they help us do a lot of important things for us.

Teeth help us talk, smile, sing, and eat nutritious and tasty foods.

People get two sets of teeth in their life. The first set is called baby teeth or primary teeth. There are only 20 of these teeth which are small to fit inside a baby's or young child's mouth.

Baby teeth fall out to make room for our second set of teeth, called adult or permanent teeth which are bigger. They are also stronger because they must last the rest of our lives. We have 32 adult, or permanent teeth.

We need to keep our teeth strong and healthy so they can do their important job all life long. We don't want them to get broken, knocked out, or get a cavities, which are holes in teeth. What causes cavities?

Plaque is a sticky film that builds up on our teeth all the time. Germs like to live in plaque. When we eat or drink foods, especially sweet (candy, soda) or starchy foods (breads, chips) the sugars in these foods mix with the plaque and germs to make an acid solution. This corrosive chemical attacks and eats away at teeth to form a cavity.

Cavities can get bigger and maybe ruin a tooth. They don't go away like a cut or a scrape on your knee; and a new tooth won't grow back! Only a dentist can fix cavities.

Plaque And Germs And Cavities! Oh my! What can you do to keep plaque and cavities away and keep your teeth healthy and strong?

**Brush and Floss!** Brush at least twice a day; floss once or more. Use toothpaste; it cleans sticky plaque and germs off your teeth better than plain water. Your dentist can show you the right way to gently brush your teeth and floss, and also help you pick the right brush too - a purple one might be cool, but one that fits your teeth is better!

**Good NUTRITION** is essential too! We all know that calcium from dairy foods is important for our teeth and bones. Eating a variety of all the food groups give us vitamins and minerals that keep our bodies - and teeth - in good shape. Choose snacks like fruit, low fat dairy, or raw veggies more often than sugary drinks or starchy chips to avoid a plaque attack! Or enjoy a soda or sweet treat just once in a while with a full meal, when your mouth makes more watery saliva to wash the acids away. And then brush/floss again as soon as you can.

## 2009-2010 Menu Prices

### Elementary Student Meal (includes Milk)

Adult / Unenrolled Student Meal Without Milk  
Adult / Unenrolled Student Meal With Milk

**Menu Is Subject Change.** Any product may contain peanuts/peanut oils.

Please note: Adults may easily set up an **advance pay account** for meals & food purchases, but cannot use their child's account to pay for a meal due to federal meal program regulations.

\*Second meal purchases only available to high school students due to Arizona State Nutrition Standards.

	Breakfast	Reduced Price	Lunch	Reduced Price
Elementary Student Meal (includes Milk)	\$ 1.25	\$ 0.25	\$ 1.75	\$ 0.40
Adult / Unenrolled Student Meal Without Milk	\$ 1.75	---	\$ 2.75	---
Adult / Unenrolled Student Meal With Milk	\$ 2.00	---	\$ 3.00	---

Milk Only: \$ 0.30 Cents / Half Pint

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If you'd like to join the TUSD Food Services Team, please call Food Services Personnel office at 225-4722. You may request to work at a school in your neighborhood.

