

# Desert Sky Community School Breakfast & Lunch Menu

# October 2019

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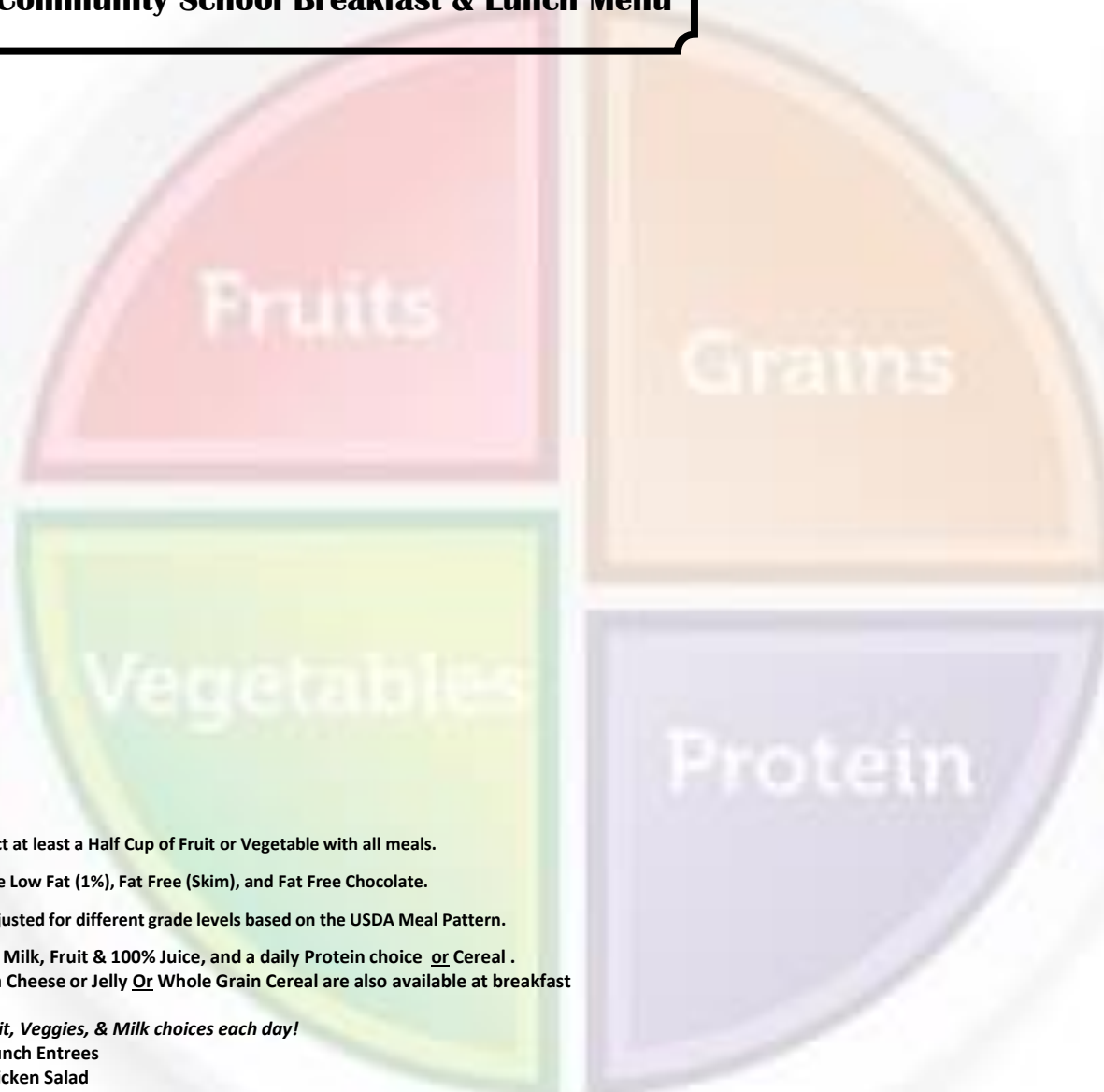
Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Breakfast</b> Includes Milk, Fruit &amp; 100% Juice, and a daily Protein choice or Cereal; Bagel &amp; with Cream Cheese or Jelly Or Whole Grain Cereal are also available</p> <p><b>Lunch</b> Includes Fruit, Veggies, &amp; Milk choices each day! Additional Daily Lunch Entrees at Alternative Schools:</p> <ul style="list-style-type: none"> <li>-Crispy Chicken Salad</li> <li>-Veggie Salad</li> <li>-Pizza (with or without Beef Pepperoni)</li> <li>-Sunflower Butter* &amp; Jelly Sandwich (*"Sun-Butter" is peanut &amp; tree nut free)</li> </ul>	<p>October 1</p> <p><b>French Toast Sticks</b> Breakfast Lite Pork Sausage</p> <p><b>Cowboy Chili Cheese Fries</b> Cowboy Beef &amp; Bean Chili &amp; Shredded Cheese Tops Seasoned Potatoes; Offered with Corn Muffins</p> <p><b>Cheesy Pull-Apart Bread</b> Fluffy Bread Rolls stuffed with cheese; Pull 'em apart and dip in Marinara Sauce</p>	<p>October 2</p> <p><b>Mini Confetti Pancakes</b> Fruit Yogurt</p> <p><b>Crunchy Fish Nuggets</b> Offered with Crackers or a Corn Muffin</p> <p><b>Bean &amp; Cheese Burrito</b> Salsa</p>	<p>October 3</p> <p><b>Pancake Sandwich</b> With or without pork sausage Fruit Yogurt</p> <p><b>Pasta &amp; Meatballs</b></p> <p><b>Cheddar Cheese Quesadilla</b> Salsa</p>	<p>October 4</p> <p><b>No Classes Today.</b></p>
<p>October 7</p> <p><b>No Classes</b></p>	<p>October 8</p> <p><b>No Classes</b></p>	<p>October 9</p> <p><b>Breakfast Burrito</b> With Egg, cheese &amp; beef chorizo Fruit Yogurt</p> <p><b>Hot Dog on a Bun</b> A Turkey Hot Dog on a bun Offered with Cheese Crackers</p> <p><b>Bean &amp; Cheese Burrito</b> Salsa</p>	<p>October 10</p> <p><b>Buttermilk Pancakes</b> Breakfast Lite Pork Sausage</p> <p><b>Cherry Blossom Chicken</b> "Popcorn" chicken in whole grain batter in Sweet &amp; Sour glaze. Offered with Fried Rice</p> <p><b>Grilled Cheese Sandwich</b></p>	<p>October 11</p> <p><b>Orange Blossom Scone</b> (or Strawberry Scone) String Cheese</p> <p><b>Nacho Grande</b></p> <p><b>Corn Dog</b> Tasty Chicken hot dog Baked in whole grain Batter</p>
<p>October 14</p> <p><b>Banana Mini Pancakes</b> String Cheese</p> <p><b>Lasagna Roll Up</b> Offered with Garlic Bread</p> <p><b>Cheddar Cheese Quesadilla</b> Salsa</p> 	<p>October 15</p> <p><b>Mini French Toast</b> Breakfast Lite Pork Sausage</p> <p><b>Chicken Patty Sandwich</b></p> <p><b>Chili Cheese Dog</b> Tasty Chicken hot dog topped with beef chili &amp; cheese on a whole grain bun</p>	<p>October 16</p> <p><b>Banana Bread</b> Fruit Yogurt</p> <p><b>Cheeseburger</b> Or Hamburger</p> <p><b>Bean &amp; Cheese Burrito</b> Salsa</p>	<p>October 17</p> <p><b>Pancake Sandwich</b> With or without pork sausage Fruit Yogurt</p> <p><b>Breakfast for Lunch!</b> French Toast Sticks Little Pork Smokie Links</p> <p><b>Cheesy Pull-Apart Bread</b> Fluffy Bread Rolls stuffed with cheese; Pull 'em apart and dip in Marinara Sauce</p>	<p>October 18</p> <p><b>Lemon Scone</b> (or Strawberry Scone) Breakfast Lite Pork Sausage</p> <p><b>Nacho Grande</b></p> <p><b>Corn Dog</b> Tasty Chicken hot dog Baked in whole grain Batter</p>

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page 2 (through November 8)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>October 21</p> <p><b>Strawberry Pancake Bowl</b> Breakfast Lite Pork Sausage</p> <p><b>Super Pretzel &amp; Cheddar Cheese Sauce</b></p> <p><b>Cheeseburger Sliders</b> A delicious, dynamic duo of twin cheeseburgers on mini rolls</p>	<p>October 22</p> <p><b>Cinnamon Crumb Loaf</b> Scrambled Eggs</p> <p><b>Italian Sausage Sub</b> Italian Pork Sausage on a sub roll garnished with Mozzarella Cheese &amp; Marinara Dipping Sauce</p> <p><b>Turkey* &amp; Cheese Croissant Sandwich</b> *made with dark meat turkey</p>	<p>October 23</p> <p><b>Breakfast Burrito</b> With Egg, cheese &amp; beef chorizo Fruit Yogurt</p> <p><b>Crunchy Fish Nuggets</b> Corn Muffin</p> <p><b>Bean &amp; Cheese Burrito</b> Salsa</p>	<p>October 24</p> <p><b>French Toast Sticks</b> Breakfast Lite Pork Sausage</p> <p><b>Sweet &amp; Spicy Meatballs</b> Fried Rice</p> <p><b>Grilled Cheese Sandwich</b></p>	<p>October 25</p> <p><b>Blueberry Muffin Loaf</b> String Cheese</p> <p><b>Nacho Grande</b></p> <p><b>Hot Dog on a Bun</b> A Turkey Hot Dog on a bun Offered with Cheese Crackers</p>
<p>October 28</p> <p><b>Banana Mini Pancakes</b> String Cheese</p> <p><b>Yogurt &amp; Fruit Parfait</b> Vanilla Yogurt layered with Granola &amp; Strawberries; Offered with String Cheese</p> <p><b>Chili Cheese Dog</b> Tasty Chicken hot dog topped with beef chili &amp; cheese on a whole grain bun</p>	<p>October 29</p> <p><b>Mini French Toast</b> Breakfast Lite Pork Sausage</p> <p><b>Crispy Chicken &amp; Alfredo Pasta</b> Crunchy popcorn chicken with Pasta in Alfredo Cheese Sauce.</p> <p><b>Cheddar Cheese Quesadilla</b> Salsa</p>	<p>October 30</p> <p><b>Banana Bread</b> Fruit Yogurt</p> <p><b>Cheeseburger</b> Or Hamburger</p> <p><b>Bean &amp; Cheese Burrito</b> Salsa</p>	<p>October 31</p> <p><b>Pancake Sandwich</b> With or without pork Sausage; Fruit Yogurt</p> <p><b>Baked Chicken</b> Offered with Corn Muffin</p> <p><b>Cheesy Pull-Apart Bread</b> Fluffy Bread Rolls stuffed with cheese; Pull 'em apart and dip in Marinara Sauce</p>	<p>November 1</p> <p><b>Lemon Scone</b> (or Strawberry Scone) Breakfast Lite Pork Sausage</p> <p><b>Nacho Grande</b></p> <p><b>Corn Dog</b> Tasty Chicken hot dog Baked in whole grain Batter</p>
<p>November 4</p> <p><b>Strawberry Pancake Bowl</b> Scrambled Eggs</p> <p><b>Breaded Mozzarella Sticks &amp; Marinara Dipping Sauce</b></p> <p><b>Bean &amp; Cheese Burrito</b></p> 	<p>November 5</p> <p><b>Cinnamon Crumb Loaf</b> Breakfast Lite Pork Sausage</p> <p><b>Mexican Flatbread</b> Whole Grain Flatbread topped with Refried beans, Mozzarella, &amp; Cheddar Cheese; offered with Salsa</p> <p><b>Turkey* &amp; Cheese Croissant Sandwich</b> *made with dark meat turkey</p>	<p>November 6</p> <p><b>Breakfast Burrito</b> With Egg, cheese &amp; beef chorizo Fruit Yogurt</p> <p><b>Hot Dog on a Bun</b> A Turkey Hot Dog on a bun Offered with Assorted Crackers</p> <p><b>Cheeseburger Sliders</b></p>	<p>November 7</p> <p><b>French Toast Sticks</b> Breakfast Lite Pork Sausage</p> <p><b>Tangerine Chicken</b> "Popcorn" chicken in whole grain batter in sweet &amp; sour tangerine glaze. Offered with Fried Rice</p> <p><b>Grilled Cheese Sandwich</b></p>	<p>November 8</p> <p><b>Blueberry Muffin Loaf</b> String Cheese</p> <p><b>Nacho Grande</b></p> <p><b>Corn Dog</b> Tasty Chicken hot dog Baked in whole grain Batter</p>



- ❖ 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.
- ❖ Breakfast Includes Milk, Fruit & 100% Juice, and a daily Protein choice or Cereal .  
Bagel & Cream Cheese or Jelly Or Whole Grain Cereal are also available at breakfast
- ❖ Lunch Includes Fruit, Veggies, & Milk choices each day!
- ❖ Additional Daily Lunch Entrees
  - -Crispy Chicken Salad
  - -Veggie Salad
  - -Pizza (with or without Beef Pepperoni)
  - -Sunflower Seed Butter\* & Jelly Sandwich \*"Sun-Butter" is peanut & tree nut free
- ❖ Menu is Subject to Change

Dairy

TUSD Food Service Department  
Our Goal is to Provide Healthy Meals  
for Tomorrow's Decision Makers.  
[www.tusd1.org/Departments/FoodServices](http://www.tusd1.org/Departments/FoodServices)

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