

Desert Sky Community School Breakfast & Lunch Menu

December 2019

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>December 2</p> <p>Strawberry Pancakes; String Cheese</p>  <p>Yogurt & Fruit Parfait Vanilla Yogurt layered with Granola & Strawberries; Offered with String Cheese</p> <p>Grilled Cheese Sandwich</p>	<p>December 3</p> <p>French Toast Sticks Breakfast Lite Pork Sausage</p> <p>BBQ Chicken Fries Shredded BBQ Chicken & Cheddar Cheese tops roasted potatoes; offered with Corn Muffins</p> <p>Chili Cheese Dog Tasty Chicken hot dog topped with beef chili & cheese on a whole grain bun</p>	<p>December 4</p> <p>Confetti Pancakes Fruit Yogurt</p> <p>Cheeseburger Or Hamburger</p> <p>Bean & Cheese Burrito Salsa</p>	<p>December 5</p> <p>Pancake Sandwich With or without pork Sausage; Fruit Yogurt</p> <p>Sweet & Sour Meatballs Fried Rice</p> <p>Cheesy Pull-Apart Bread Marinara Sauce Dip</p>	<p>December 6</p> <p>Ultimate Breakfast Round "Ubr" Oats, Whole Grains, & Cinnamon baked in a hearty breakfast round Breakfast Lite Pork Sausage</p> <p>Nacho Grande</p> <p>Corn Dog Tasty Chicken hot dog Baked in whole grain Batter</p>
<p>December 9</p> <p>Cinnamon Bagel-Ful (or Mini French toast) Breakfast Lite Pork Sausage</p> <p>Breaded Mozzarella Sticks & Marinara Dipping Sauce</p> <p>Cheeseburger Sliders</p>	<p>December 10</p> <p>Banana Bread Scrambled Eggs</p> <p>Enchiladas Salsa</p> <p>Turkey* & Cheese Croissant Sandwich *made with dark meat turkey</p>	<p>December 11</p> <p>Breakfast Burrito With Egg, cheese & beef chorizo Fruit Yogurt</p> <p>Hot Dog on a Bun A Turkey Hot Dog on a bun Offered with Assorted Crackers</p> <p>Bean & Cheese Burrito; Salsa</p>	<p>December 12</p> <p>Buttermilk Pancakes Breakfast Lite Pork Sausage</p> <p>General Tso's Chicken "Popcorn" chicken in whole grain batter in sweet & spicy glaze. Offered with Fried Rice</p> <p>Grilled Cheese Sandwich</p>	<p>December 13</p> <p>Orange Blossom Scone String Cheese</p> <p>Nacho Grande</p> <p>Corn Dog Tasty Chicken hot dog Baked in whole grain Batter</p>
<p>December 16</p> <p>Strawberry Pancakes; String Cheese</p> <p>Tamale Mozzarella Cheese & Mild Green chilies with whole grain corn masa wrapped in a corn husk; Salsa on the side</p> <p>Chili Cheese Dog Tasty Chicken hot dog topped with beef chili & cheese on a whole grain bun</p>	<p>December 17</p> <p>French Toast Sticks Breakfast Lite Pork Sausage</p> <p>Baked Chicken offered with Corn Muffin</p> <p>Cheesy Pull-Apart Bread Marinara Sauce Dip</p>	<p>December 18</p> <p>Pancake Sandwich With or without pork Sausage; Fruit Yogurt</p> <p>Pasta & Italian Meatballs</p> <p>Cheddar Cheese Quesadilla Salsa</p>	<p>December 19</p> <p>Confetti Pancakes Fruit Yogurt</p> <p>Crunchy Fish Nuggets Offered with Assorted Crackers (or a Corn Muffin)</p> <p>Bean & Cheese Burrito Salsa</p>	<p>December 20</p> <p>Ultimate Breakfast Round "Ubr" Oats, Whole Grains, & Cinnamon baked in a hearty breakfast round Breakfast Lite Pork Sausage</p> <p>Nacho Grande</p> <p>Corn Dog Tasty Chicken hot dog Baked in whole grain Batter</p>

Desert Sky Community School Breakfast & Lunch Menu

- ❖ 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.

❖ **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 include:

- Crispy Chicken Salad
- Veggie Salad
- Pizza (with or without Beef Pepperoni)
- Sunflower Butter* & Jelly Sandwich (*"Sun-Butter" is peanut & tree nut free)

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

This Institution is an
Equal Opportunity Provider.

Menu is Subject to Change

Winter Break ~~



December 23 through January 3

