Desert Sky Community School Breakfast & Lunch Menu

September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
September 2: **Labor Day** ***Breakfast*** *Includes Milk, Fruit & 100% Juice, and a daily Protein choice or Cereal ; Bagel & with Cream Cheese or Jelly Or Whole Grain Cereal is also available* ***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)	September 3 **French Toast Sticks** Cinnamon glazed French Toast sticks Breakfast Lite Pork Sausage **Chicken Patty Sandwich** **Chili Cheese Dog** Tasty **Chicken** hot dog topped with beef chili & cheese on a whole grain bun	September 4 **Mini Confetti Pancakes** Fruit Yogurt **Cheeseburger** or Hamburger **Bean & Cheese Burrito** Salsa	September 5 **Pancake Sandwich** With or without pork sausage Fruit Yogurt **Cherry Blossom Chicken** Popcorn Chicken in Sweet & Sour Glaze; offered with Fried Rice **Cheesy Pull-Apart Bread** Fluffy Bread Rolls stuffed with cheese; Pull 'em apart and dip in Marinara Sauce	September 6 **Ultimate Breakfast Round "Ubr"** Oats, Whole Grains, & Cinnamon baked in a hearty breakfast round Breakfast Lite Pork Sausage **Nacho Grande** **Corn Dog** Tasty **Chicken** hot dog Baked in whole grain Batter
September 9 **Cinnamon Bagel-Ful** Fruit Yogurt **Super Pretzel & Cheddar Cheese Sauce** **Bean & Cheese Burrito** Salsa	September 10 **Banana Bread** Scrambled Eggs **Spicy Chicken Tenders** Chicken Nuggets offered instead of Spicy Chicken to K-5 grades. Offered with Corn Muffin **Turkey* & Cheese Croissant Sandwich** *made with dark meat turkey	September 11 **Breakfast Burrito** With Egg, cheese & **beef** chorizo Fruit Yogurt **Crunchy Fish Nuggets** Corn Muffin **Cheeseburger Sliders** A delicious, dynamic duo of twin cheeseburgers on mini rolls	September 12 **Buttermilk Pancakes** Breakfast Lite Pork Sausage **Chicken Patty Sandwich** **Grilled Cheese Sandwich**	September 13 **Orange Blossom Scone** String Cheese **Nacho Grande** **Hot Dog on a Bun** A **Turkey** Hot Dog on a bun Offered with Cheese Crackers
September 16 **Strawberry Mini Pancakes** String Cheese **Fruit & Yogurt Parfait** Offered with string cheese **Chili Cheese Dog** Tasty **Chicken** hot dog topped with beef chili & cheese on a whole grain bun	September 17 **French Toast Sticks** Breakfast Lite Pork Sausage **Teriyaki Meatballs** Offered with Fried Rice **Cheddar Cheese Quesadilla** Salsa	September 18 **Mini Confetti Pancakes** Fruit Yogurt **Cheeseburger** or Hamburger **Bean & Cheese Burrito** Salsa This Institution is an Equal Opportunity Provider.	September 19 **Pancake Sandwich** With or without pork sausage Fruit Yogurt **Baked Chicken** Offered with Corn Muffin **Cheesy Pull-Apart Bread** Fluffy Bread Rolls stuffed with cheese; Pull 'em apart and dip in Marinara Sauce	September 20 **Ultimate Breakfast Round "Ubr"** Oats, Whole Grains, & Cinnamon baked in a hearty breakfast round Breakfast Lite Pork Sausage **Nacho Grande** **Corn Dog** Tasty **Chicken** hot dog Baked in whole grain Batter

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September 23 **Cinnamon Bagel-Ful** Breakfast Lite Pork Sausage **Mozzarella Sticks** Baked, Whole grain Breaded Cheese-Filled Sticks for dipping in Marinara Sauce. **Cheeseburger Sliders** A delicious, dynamic duo of twin cheeseburgers on mini rolls	September 24 **Banana Bread** Scrambled Eggs **Chicken 'n Waffles** Whole Grain Waffles topped with Popcorn Chicken. Offered with Syrup **Turkey* & Cheese Croissant Sandwich** *made with dark meat turkey	September 25 **Breakfast Burrito** With Egg, cheese & **beef** chorizo Fruit Yogurt **Hot Dog on a Bun** A **Turkey** Hot Dog on a bun Offered with Cheese Crackers **Bean & Cheese Burrito** Salsa	September 26 **Buttermilk Pancakes** Breakfast Lite Pork Sausage **General Tso's Chicken** "Popcorn" chicken in whole grain batter in Sweet & Spicy glaze. Offered with Fried Rice **Grilled Cheese Sandwich**	September 28 **Orange Blossom Scone** String Cheese **Nacho Grande** **Corn Dog** Tasty **Chicken** hot dog Baked in whole grain Batter
September 30 **Strawberry Mini Pancakes** String Cheese **Spicy Chicken Tenders** Seasoned with Guajillo Chile Peppers; Offered with Corn Muffin **Chili Cheese Dog** Tasty **Chicken** hot dog topped with beef chili & cheese on a whole grain bun	October 1 **French Toast Sticks** Breakfast Lite Pork Sausage **Cowboy Chili Cheese Fries** Cowboy Beef & Bean Chili & Shredded Cheese Tops Seasoned Potatoes; Offered with Corn Muffins **Cheesy Pull-Apart Bread** Fluffy Bread Rolls stuffed with cheese; Pull 'em apart and dip in Marinara Sauce	October 2 **Mini Confetti Pancakes** Fruit Yogurt **Crunchy Fish Nuggets** Offered with Crackers or a Corn Muffin **Bean & Cheese Burrito** Salsa	October 3 **Pancake Sandwich** With or without pork sausage Fruit Yogurt **Pasta & Meatballs** **Cheddar Cheese Quesadilla** Salsa	October 4 No Classes
October 7 – No Classes	October 8 – No Classes	October 9 **Breakfast Burrito** With Egg, cheese & **beef** chorizo Fruit Yogurt **Hot Dog on a Bun** A **Turkey** Hot Dog on a bun Offered with Cheese Crackers **Bean & Cheese Burrito** Salsa	October 10 **Buttermilk Pancakes** Breakfast Lite Pork Sausage **Cherry Blossom Chicken** "Popcorn" chicken in whole grain batter in Sweet & Sourglaze. Offered with Fried Rice **Grilled Cheese Sandwich**	October 11 **Orange Blossom Scone** String Cheese **Nacho Grande** **Corn Dog** Tasty **Chicken** hot dog Baked in whole grain Batter

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Tucson International Academy Breakfast & Lunch Menu

September 2019

- **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 is also available at breakfast**
- **Lunch** Includes Fruit, Veggies, & Milk choices each day!
- **Pizza** (with or without Beef Pepperoni) **Crispy Chicken or Veggie Entrée Salad, and a Sunflower Seed Butter & Jelly Sandwich are also available daily** (*"Sun-Butter" is peanut & tree nut free).
- **Menu is Subject to Change**

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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A variety of a la carte snacks available for purchase daily