## MENUS JAN 2024



## Did you know?

Staying active helps build strong bones and muscles, relieves stress, and protects your heart. Aim for 1 hour or more of physical activity every day. Do whatever you love to do – Just get moving!



## **Questions or Comments?**

Carl Thompson
Director of Dining Services
Phone: 520-696-8623
\*menu is subject to change\*

This institution is an equal opportunity provider









Chef				
Monday	Tuesday	Wednesday	Thursday	Friday
1	Hapi	by Holi	days	5
8 Breakfast Fluffy Pancakes Lunch Chicken Nuggets Turkey & Bean Chimi Turkey&Cheese Sandwich Chicken Garden Salad Crinkle Fries	9 <u>Breakfast</u> Fresh Cinnamon Roll <u>Lunch</u> BBQ Chicken Sandwich Mac&Cheese Ham&Cheese Sub Chicken Caesar Salad Steamed Carrots	10 Breakfast Cheesy Eggs & Hashbrown Lunch Cheeseburger Corn Dog Ham&Cheese Sandwich Chef Salad Crispy French Fries	11 Breakfast Warm Banana Muffin Lunch Sloppy Joe Pepperoni Pizza Turkey&Cheese Sub Ham & Cheese Salad Seasoned Green Beans	12 Breakfast Strawberry Poptart Lunch Crispy Turkey Tacos Cheese Quesadilla PB&J Sandwich Popcorn Chicken Salad Seasoned Refried Beans
Civil Rights Day No School	16 Breakfast Donut Holes Lunch Grilled Cheese Sandwich Chicken Fajitas Ham&Cheese Sub Chicken Caesar Salad Seasoned Refried Beans	17 Breakfast Sausage&Cheese Biscuit Lunch Chicken Snowbowl Bean & Cheese Tostada Ham&Cheese Sandwich Chef Salad Buttery Corn	Belgian Waffles Lunch Pepperoni Pizza Chicken Teriyaki Turkey&Cheese Sub Ham & Cheese Salad Steamed Green Peas	19 <u>Breakfast</u> Ham & Cheese Quesadilla <u>Lunch</u> Baked Rotini Casserole Hot Dog PB&J Sandwich Popcorn Chicken Salad Seasoned Green Beans
22 <u>Breakfast</u> Warm Blueberry Muffin <u>Lunch</u> Turkey Taco Quesadilla Chicken Flautas Turkey&Cheese Sandwich Chicken Garden Salad Seasoned Refried Beans	Presh Cinnamon Roll Lunch Juicy Hamburger Mac&Cheese Ham&Cheese Sub Chicken Caesar Salad Seasoned Green Beans	24 Breakfast Grilled PB&J Lunch Chicken Fried Rice Cheesy Nachos Ham&Cheese Sandwich Chef Salad Buttery Corn	25 Breakfast Sausage Egg Breakfast Burrito Lunch Pepperoni Pizza BBQ Chicken Sandwich Turkey&Cheese Sub Ham & Cheese Salad Seasoned Peas	Fluffy Pancakes Lunch Bean&Cheese Burrito Chicken Teriyaki PB&J Sandwich Popcorn Chicken Salad Buttery Carrots
29 Breakfast Cheesy Eggs & Toast Lunch Zesty Orange Chicken Crispy Turkey Tacos Turkey&Cheese Sandwich Chicken Garden Salad Seasoned Green Beans	30 Breakfast Cinnamon Poptart Lunch Chicken Alfredo Grilled Cheese Sandwich Ham&Cheese Sub Chicken Caesar Salad Buttery Carrots	31 <u>Breakfast</u> Sausage Breakfast Pizza <u>Lunch</u> Spaghetti w/ Meat Sauce Chicken Tenders Ham&Cheese Sandwich Chef Salad Buttery Corn		