

September

Elementary  
Breakfast & Lunch Menu

2016

**Breakfast Includes:**  
✓Daily Special  
or Cereal Combo (cereal & string cheese)  
or Breakfast Smoothie  
✓Choice of Milk  
✓100% Juice &/or Fruit



**Offered daily at lunch:**  
Fat free or 1% white milk, fat free chocolate or strawberry milk, 100% juice, craisins and baby carrots  
Yogurt Pack (yogurt/string cheese/zucchini bread) OR  
Hummus Pack (Hummus/string cheese/carrots/flat bread)



Monday

Tuesday

Wednesday

Thursday

Friday



Fall  
Break  
October 3-  
October 14, 2016

1 Mini Bagels w/ Cinnamon or Strawberry Cream Cheese	2 Breakfast Sandwich (egg/cheese/bacon)
Spaghetti w/ Meatballs & Garlic Breadstick or Strawberry Fields Salad or Fruit & Yogurt Parfait or Ham & Turkey Croissant Sandwich Romaine/Spring Mix Side Salad Mixed Melon &/or Peaches*	Domino's Smart Slice Cheese Pizza or Strawberry Fields Salad or Fruit & Yogurt Parfait or Ham & Turkey Croissant Sandwich Celery Sticks w/ Peanut Butter Mixed Fresh Berries &/or Mango Applesauce*
5 No School	9 Mini Cinnis
HAPPY LABOR DAY	Cheese Filled Breadstick Bites w/ Marinara Sauce or Chef Salad or Smucker's PB&J Uncrustable Romaine/Spring Mix Side Salad Fresh Pineapple &/or Cinnamon Applesauce*
12 Sausage Biscuit	16 Bagel Breakfast Sandwich (egg & cheese)
Big Daddy Cheese Pizza or BLT Chicken Salad or Ham & Cheese Sub Sandwich Cucumber & Carrot Coins Watermelon &/or Peach Applesauce*	Cheese Lasagna w/ Fresh Baked Garlic Breadstick or BLT Chicken Salad or Ham & Cheese Sub Sandwich Romaine/Spring Mix Side Salad Fresh Pineapple &/or Peaches*
19 Mini Chocolate or Powdered Donuts	23 Apple Cinnamon Breakfast Bites
Macaroni & Cheese w/ Pretzel Rod or Strawberry Fields Salad or Fruit & Yogurt Parfait or Ham & Turkey Croissant Sandwich Cucumber Slices & Carrot Coins Melon Medley &/or Mandarin Oranges*	French Bread Pizza or Strawberry Fields Salad or Fruit & Yogurt Parfait or Ham & Turkey Croissant Sandwich Romaine/Spring Mix Side Salad Grapes &/or Pineapple*
26 Egg & Sausage Breakfast Burrito	30 Breakfast Sandwich (egg, cheese & ham)
Orange Chicken Rice Bowl or Chef Salad or Smucker's PB&J Uncrustable Broccoli & Cauliflower Medley Fresh Plum &/or Mango Applesauce*	Bitesize Cheese Ravioli w/ Bosco Stick or Chef Salad or Smucker's PB&J Uncrustable Celery Sticks w/ Peanut Butter Watermelon &/or Mandarin Oranges*

5 No School



6 Egg & Cheese Breakfast Burrito

Cheeseburger or Chef Salad  
or Smucker's PB&J Uncrustable  
Baked Sweet Potato Fries  
Leaf Lettuce & Tomato  
Cantaloupe &/or Mandarin Oranges\*

7 Maple Glazed French Toast Sticks

Teriyaki Chicken Rice Bowl or Chef Salad  
or Smucker's PB&J Uncrustable  
Broccoli & Cauliflower Medley  
Fresh Pear &/or Peach Applesauce\*

8 Breakfast Sandwich (sausage & cheese)

Breakfast for Lunch (Cheese Omelet & Fresh Baked Cinnamon Roll or Snack 'n Waffle) or Chef Salad  
or Smucker's PB&J Uncrustable  
Hashbrown Stick  
Celery Sticks  
Watermelon &/or Mixed Fruit\*

9 Mini Cinnis

Cheese Filled Breadstick Bites w/ Marinara Sauce or Chef Salad  
or Smucker's PB&J Uncrustable  
Romaine/Spring Mix Side Salad  
Fresh Pineapple &/or Cinnamon Applesauce\*

12 Sausage Biscuit

Big Daddy Cheese Pizza or BLT Chicken Salad or Ham & Cheese Sub Sandwich  
Cucumber & Carrot Coins  
Watermelon &/or Peach Applesauce\*

13 Fresh Baked Cinnamon Roll

TACO TUESDAY~  
Build Your Own Hard Tacos or BLT Chicken Salad or Ham & Cheese Sub Sandwich  
Spanish Rice  
Shredded Lettuce & Tomato  
Watermelon &/or Mango Applesauce\*

14 Scrambled Egg w/ Cheese & Fresh Baked Roll

Breaded Chicken Sandwich (spicy or regular) or BLT Chicken Salad or Ham & Cheese Sub Sandwich  
Corn on the Cob  
Leaf Lettuce & Tomato  
Grapes &/or Pears\*

15 Whole Grain Coffee Cake

Baked Whole Grain Corn Dog or BLT Chicken Salad or Ham & Cheese Sub Sandwich  
Ranch Style Beans  
Cucumber Slices & Grape Tomatoes  
Honeydew &/or Strawberry Applesauce\*

16 Bagel Breakfast Sandwich (egg & cheese)

Cheese Lasagna w/ Fresh Baked Garlic Breadstick or BLT Chicken Salad or Ham & Cheese Sub Sandwich  
Romaine/Spring Mix Side Salad  
Fresh Pineapple &/or Peaches\*

19 Mini Chocolate or Powdered Donuts

Macaroni & Cheese w/ Pretzel Rod or Strawberry Fields Salad or Fruit & Yogurt Parfait or Ham & Turkey Croissant Sandwich  
Cucumber Slices & Carrot Coins  
Melon Medley &/or Mandarin Oranges\*

20 Egg & Cheese Biscuit

Beefy Nachos w/ Baked Tostitos Scoops or Strawberry Fields Salad or Fruit & Yogurt Parfait or Ham & Turkey Croissant Sandwich  
Seasoned Refried Beans  
Shredded Lettuce & Tomato  
Fresh Pineapple &/or Peach Applesauce\*

21 Smucker's Maple Snack 'n Waffle

Asian Chicken Chunks w/ Fresh Baked Dinner Roll or Strawberry Fields Salad or Fruit & Yogurt Parfait or Ham & Turkey Croissant Sandwich  
Broccoli & Cauliflower Medley  
Watermelon &/or Mixed Fruit\*

22 Breakfast Quesadilla

Mini Cheeseburgers or Strawberry Fields Salad or Fruit & Yogurt Parfait or Ham & Turkey Croissant Sandwich  
Baked Seasoned Curly Fries  
Leaf Lettuce & Tomato  
Nectarine &/or Cinnamon Applesauce\*

23 Apple Cinnamon Breakfast Bites

French Bread Pizza or Strawberry Fields Salad or Fruit & Yogurt Parfait or Ham & Turkey Croissant Sandwich  
Romaine/Spring Mix Side Salad  
Grapes &/or Pineapple\*

26 Egg & Sausage Breakfast Burrito

Orange Chicken Rice Bowl or Chef Salad or Smucker's PB&J Uncrustable  
Broccoli & Cauliflower Medley  
Fresh Plum &/or Mango Applesauce\*

27 French Toast Sticks

Green Chili Chicken Enchiladas or Chef Salad or Smucker's PB&J Uncrustable  
Seasoned Refried Beans  
Shredded Lettuce & Tomato  
Honeydew &/or Pears\*

28 Cheese Omelet w/ Fresh Baked Roll

Oven Fried Chicken w/ Fresh Baked Dinner Roll or Chef Salad or Smucker's PB&J Uncrustable  
Mashed Potatoes w/ Gravy  
Romaine/Spring Mix Side Salad  
Grapes &/or Strawberry Applesauce\*

29 Honey Wheat Breakfast Bar

Pizza Sticks w/ Marinara Sauce or Chef Salad or Smucker's PB&J Uncrustable  
Cucumber Slices & Carrot Coins  
Strawberries &/or Peaches\*

30 Breakfast Sandwich (egg, cheese & ham)

Bitesize Cheese Ravioli w/ Bosco Stick or Chef Salad or Smucker's PB&J Uncrustable  
Celery Sticks w/ Peanut Butter  
Watermelon &/or Mandarin Oranges\*

EARLY RELEASE EARLY RELEASE

Catering for Parents

Did you know that you can order treats for your child's homeroom class?  
See flyer for more info!

Breakfast Prices

Reduced Price	Regular Price
No Charge	\$1.25
	\$6.25 for 5 days

Lunch Prices

Reduced Price	Regular Price
\$0.40	\$2.50
\$2.00 for 5 days	\$12.50 for 5 days



\*Denotes Canned Fruit  
ALL grains served are 51% whole grain or higher



Sunday, September 11th  
Arizona Cardinals  
Opening Day vs.  
New England Patriots!!

All sites sell a la carte items that meet strict USDA Smart Snacks regulations. See back for prices and nutritional.

September 22ND  
Fall is Here!

We provide Free or Reduced Priced meals for eligible students. Please call your school cafeteria for details; you may apply directly online at <https://family.titank12.com>.

Family Accounts

Did you know that you can set up a family account at your child's school cafeteria? If you have more than 1 child in the school district you can ask the cafeteria manager to link them to 1 family account. They will share 1 family balance. This will allow you to only write 1 check, only send 1 envelope with money and/or only pay for 1 online transaction through <https://family.titank12.com>. Call your cafeteria or the Child Nutrition Department (480) 987-7496 for more information or to set your family account today.

If you have any questions, concerns or comments please feel free to contact Carol Weekly, Director of Child Nutrition at (480) 987-5983 or [cweekly@qcusd.org](mailto:cweekly@qcusd.org)

"This institution is an equal opportunity provider."

Menu subject to change