



# September 2019

Fowler, Sunridge, Sun Canyon, Western Valley & Tuscano



MONDAY - 2	TUESDAY - 3	WEDNESDAY - 4	THURSDAY - 5	FRIDAY - 6
<b>No School: Labor Day</b>  	Chicken Spaghetti w/ Garlic Parmesan Breadstick  Bean & Cheese Burrito Mini Chicken Corn Dogs Steamed Broccoli <i>Breakfast</i> Cereal Bowl & String Cheese Fruit Cup: Applesauce 100% Fruit Juice	Popcorn Chicken & Roll Cheese Quesadilla Tuna Salad Sandwich Crispy Tater Tots Fresh Berries <i>Breakfast</i> Mini Pancakes Fruit Cup: Diced Pears 100% Fruit Juice	Teriyaki Roasted Chicken & Buttered Biscuit  Yogurt & Fresh Fruit Parfait Turkey, Bacon & Cheese Sub Vegetarian Beans <i>Breakfast</i> Fresh Baked Cinnamon Rolls Fruit Cup: Pineapple 100% Fruit Juice	Pepperoni Pizza White Pizza: Alfredo Sauce Chopped Vegetable Salad Carrot & Celery Sticks Orange Wedges <i>Breakfast</i> Chocolate Chip Oatmeal Bar Fruit Cup: Mandarin Oranges 100% Fruit Juice
MONDAY - 9	TUESDAY - 10	WEDNESDAY - 11	THURSDAY - 12	FRIDAY - 13
Cheeseburger Turkey Hot Dog Crinkle Cut French Fries Chilled Pineapple Fresh Melon <i>Breakfast</i> Muffin & String Cheese Fruit Cup: Tropical Fruit 100% Fruit Juice	Grilled Cheese & Tomato Soup  Nachos Beefy Nachos Charro Beans Chile Lemon Cucumber Coins <i>Breakfast</i> Fruity Cheerios & Cheese Fruitocracy: Apple/Banana 100% Fruit Juice	Orange Chicken & Rice Bowl Grilled Vegetable Panini Capri Blend Vegetables Edamame (Soybeans) Fresh Grapes <i>Breakfast</i> <b>NEW</b> Breakfast Pizza Raspberry Lemonade Craisins 100% Fruit Juice	<b>NEW</b> WAFFLE DAY Chicken & <u>DUTCH</u> Waffles Yogurt & Fresh Fruit Parfait Seasoned Potato Wedges Fresh Blueberries <i>Breakfast</i> Cocoa Donut Fresh Fruit: Gala Apple Slices 100% Fruit Juice	Macaroni & Cheese Chicken Corn Dog Carnitas Burrito* Buttered Corn Cherry Tomatoes <i>Breakfast</i> Egg & Cheese Sandwich Fruit Cup: Diced Peaches 100% Fruit Juice
MONDAY - 16	TUESDAY - 17	WEDNESDAY - 18	THURSDAY - 19	<b>NEW</b> FRIDAY - 20
<b>MEXICO INDEPENDENCE</b> Chicken Tamale Carnitas Tacos* Pozole <b>NEW</b> Spicy Watermelon Icee <i>Breakfast</i> Yogurt & Goldfish Grahams Fruit Cup: Pineapple 100% Fruit Juice	Breaded Chicken Sandwich Cheese Quesadilla Chopped Vegetable Salad Black Bean & Corn Salad Strawberries <i>Breakfast</i> Pan Dulce Assortment Fruit Cup: Mandarin Oranges 100% Fruit Juice	<b>National Cheeseburger Day</b> Cheeseburger Hamburger Veg. Chili & Corn Muffin Potato Smiles <i>Breakfast</i> Egg & Cheese Burrito Fruit Cup: Mixed Fruit 100% Fruit Juice	Popcorn Chicken & Mashed Potato Bowl (gravy optional)  Breaded Beef & Mashed Potato Bowl (gravy optional) 4 Way Mixed Vegetables <i>Breakfast</i> Pancake on a Stick Fresh Fruit: Red Grapes 100% Fruit Juice	<b>NEW</b> Cheesy Garlic French Bread w/ Marinara Dipping Cup  Pepperoni Pizza Chicken Salad Sandwich Normandy Vegetable Blend <i>Breakfast</i> Bagel w/ Cream Cheese Dried Fruit: Craisins 100% Fruit Juice
MONDAY-23 <b>NEW</b>	TUESDAY - 24 <b>NEW</b>	WEDNESDAY - 25	THURSDAY - 26	FRIDAY - 27
BBQ Chicken w/ Cornbread Pulled Pork Sandwich* Grilled Cheese Vegetarian Baked Beans Fresh Orange Wedges <i>Breakfast</i> Honey Bun Fruit Cup: Diced Peaches 100% Fruit Juice	Crunchy Beef Tacos Bean & Cheese Burrito Mexicorn Taco Topping Bar Tropical Fruit <i>Breakfast</i> Bean & Cheese Burrito Fresh Fruit: Banana 100% Fruit Juice	Cheese Lasagna Roll Ups Cheesy Alfredo Pasta Cheesy Alfredo Pasta w/ Diced Chicken & Garlic Toast Italian Blend Vegetables <i>Breakfast</i> Chocolate Chip Muffin Fruit Cup: Diced Pears 100% Fruit Juice	Chicken Tenders w/ Roll Sloppy Joe Yogurt & Fresh Fruit Parfait French Fries Fresh Fruit Salad <i>Breakfast</i> Banana Pancakes Fruit Cup: Mandarin Oranges 100% Fruit Juice	Hot Italian Sub Pepperoni Pizza Cheese Pizza Steamed Broccoli Florets Chilled Mango <i>Breakfast</i> Cinnamon French Toast Fresh Fruit: Gala Apple Slices 100% Fruit Juice
MONDAY-30	<b>MY SCHOOL BUCKS</b>  Paid Lunch : \$1.60 Reduced Price Lunch: \$ .40 Adult Lunch: \$2.85 <a href="http://www.myschoolbucks.com">www.myschoolbucks.com</a>		<b>REMINDER:</b> <b>Free and reduced lunch benefits from LAST year WILL EXPIRE on September 16th. In order to avoid charges to your child's account, please be sure to have a current lunch application turned in to your cafeteria cashier.</b>	
Beef Teriyaki Rice Bowl Orange Chicken & Rice Bowl Vegetarian Egg Rolls w/ Sweet & Sour Dunk Cup <b>NEW</b> Fortune Cookie <i>Breakfast</i> Mini Maple Waffles Fruit Cup: Tropical Fruit 100% Fruit Juice				



Milk variety served daily during Breakfast in the Classroom and during Lunch

\*contains pork

Menu is subject to change	This institution is an equal opportunity provider	Questions or Concerns?? call 623.707.2059 or visit: <a href="http://www.fesd.org/Food_and_Nutrition">www.fesd.org/Food_and_Nutrition</a>
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