



October 2011



Due to our constant pursuit of excellence SFE will enhance our menus through students feedback, surveys, parent meetings, recipe development and market trends



Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
Traditional Cuisine: Corn Dog Baked Fries Ballpark Classics: Grilled Ham & Cheese Luigi's Eatery: Hawaiian Pizza Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Cream of Wheat Fresh Fruit Selection Assorted Low Sugar Cereal	Traditional Cuisine: Beefaroni Garden Peas Ballpark Classics: Spicy Chicken Sandwich Luigi's Eatery: Mexican Pizza Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Ham and Egg Burrito Fresh Fruit Selection Assorted Low Sugar Cereal	Traditional Cuisine: Cheesy Chili Taters Golden Corn Ballpark Classics: Bacon Cheeseburger Luigi's Eatery: Deluxe Pizza Fresh Fruit & Vegetable Bar Variety of Milk Breakfast French Toast Fresh Fruit Selection Assorted Low Sugar Cereal	Traditional Cuisine: Macaroni and Cheese Green Beans Ballpark Classics: Turkey Melt Luigi's Eatery: Mexican Pizza Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Breakfast Pizza Fresh Fruit Selection Assorted Low Sugar Cereal	Traditional Cuisine: Beefy Quesadilla Refried Beans Ballpark Classics: Hot Dog Luigi's Eatery: Pepperoni & Sausage Pizza Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Egg and Cheese Burrito Fresh Fruit Selection Assorted Low Sugar Cereal
Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
Traditional Cuisine: Chicken Parmesan Sandwich Golden Corn Ballpark Classics: Grilled Ham & Cheese Luigi's Eatery: Hawaiian Pizza Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Sausage & Cheese Muffin Fresh Fruit Selection Assorted Low Sugar Cereal	Traditional Cuisine: Rotini and Meat Sauce Cooked Carrots Ballpark Classics: Spicy Chicken Sandwich Luigi's Eatery: Mexican Pizza Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Ham and Egg Burrito Fresh Fruit Selection Assorted Low Sugar Cereal	Traditional Cuisine: Crispy Catfish Baked Fries Ballpark Classics: Bacon Cheeseburger Luigi's Eatery: Deluxe Pizza Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Pancakes Fresh Fruit Selection Assorted Low Sugar Cereal	Traditional Cuisine: Green Chile Nachos Refried Beans Ballpark Classics: Turkey Melt Luigi's Eatery: Mexican Pizza Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Breakfast Pizza Fresh Fruit Selection Assorted Low Sugar Cereal	National School Lunch Week: <i>Let's Grow Healthy!</i>
Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
Traditional Cuisine: Chicken Nuggets Mashed Potatoes and Gravy Ballpark Classics: Grilled Ham & Cheese Luigi's Eatery: Hawaiian Pizza Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Cream of Wheat Fresh Fruit Selection Assorted Low Sugar Cereal	Traditional Cuisine: Macaroni and Cheese Green Beans Ballpark Classics: Spicy Chicken Sandwich Luigi's Eatery: Mexican Pizza Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Ham and Egg Burrito Fresh Fruit Selection Assorted Low Sugar Cereal	Traditional Cuisine: Chicken Cordon Bleu Sandwich Baked Fries Ballpark Classics: Bacon Cheeseburger Luigi's Eatery: Deluxe Pizza Fresh Fruit & Vegetable Bar Variety of Milk Breakfast French Toast Fresh Fruit Selection Assorted Low Sugar Cereal	Traditional Cuisine: Orange Chicken Steamed Rice Ballpark Classics: Turkey Melt Luigi's Eatery: Mexican Pizza Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Breakfast Pizza Fresh Fruit Selection Assorted Low Sugar Cereal	Traditional Cuisine: Chilitos Golden Corn Ballpark Classics: Hot Dog Luigi's Eatery: Pepperoni & Sausage Pizza Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Egg and Cheese Burrito Fresh Fruit Selection Assorted Low Sugar Cereal
Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
Traditional Cuisine: Corn Dog Baked Fries Ballpark Classics: Grilled Ham & Cheese Luigi's Eatery: Hawaiian Pizza Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Sausage & Cheese Muffin Fresh Fruit Selection Assorted Low Sugar Cereal	Traditional Cuisine: Beefaroni Cooked Carrots Ballpark Classics: Spicy Chicken Sandwich Luigi's Eatery: Mexican Pizza Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Ham and Egg Burrito Fresh Fruit Selection Assorted Low Sugar Cereal	Traditional Cuisine: Cheesy Chili Taters Golden Corn Ballpark Classics: Bacon Cheeseburger Luigi's Eatery: Deluxe Pizza Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Pancakes Fresh Fruit Selection Assorted Low Sugar Cereal	Traditional Cuisine: Chicken Fried Steak Mashed Potatoes and Gravy Ballpark Classics: Turkey Melt Luigi's Eatery: Mexican Pizza Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Breakfast Pizza Fresh Fruit Selection Assorted Low Sugar Cereal	Traditional Cuisine: Crispy Beef Tacos Refried Beans Ballpark Classics: Hot Dog Luigi's Eatery: Pepperoni & Sausage Pizza Fresh Fruit & Vegetable Bar Variety of Milk Breakfast Oatmeal Fresh Fruit Selection Assorted Low Sugar Cereal
Monday 31	What can I do to Grow Healthy? Plant a garden-it doesn't need to be big or fancy. A couple pots of herbs are a great start. They are easy to grow, tasty, and will increase the nutritional value of your meals. Other good crops to grow during the Tucson summer are tomatoes, peppers, melons and squash. Winter is our biggest growing season, yielding broccoli, lettuce, and pumpkins. Visit a farmers' market-these markets are full of super fresh and tasty produce that you may never see in a grocery store. Watch out for unique finds like yellow watermelon, Tohono O'odham squash and rosa blanca eggplant. Ask the farmer's questions; they love to share their knowledge. If you would like more information, please visit: http://communityfoodbank.com/programs-services/community-food-security-center/			Middle School Menu Meal Prices Paid Lunch \$1.75 Reduced Price Lunch \$0.40 Adult Lunch \$2.50 Paid Breakfast \$1.00 Reduced Price Breakfast \$0.30 Milk \$0.35

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Comments? (520) 545-2073

Menu is Subject to change.

