



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
*Menu is subject to change without prior notice, based on product availability. *Offering Daily Milk choices: 1% White, Fat Free White, and Fat Free Chocolate.		BREAKFAST Super Donut & Cheese Cubes LUNCH Chicken Chow Mein Noodles	BREAKFAST Honey Breakfast Bar LUNCH Italian Bread Cheese Pull-Apart	BREAKFAST Cereal Bowl & Honey Graham Crackers LUNCH Crispy Chicken Wrap	BREAKFAST Cinnamon Bun LUNCH Spaghetti & Meat Sauce	Join us for FREE breakfast and lunch every day of school
6	7	8	9	10	11	12
Breakfast Meal Includes: Entrée, Milk, and Fruit	BREAKFAST Cinnamon Oatmeal Round LUNCH Mini Corn Dog	BREAKFAST Cereal Bowl & String Cheese LUNCH Chicken Philly Sub Sandwich	BREAKFAST Mini Bagel with Cream Cheese LUNCH Chicken Burrito	BREAKFAST Pop-Tart & Belly Bear Grahams LUNCH Baked Ziti	BREAKFAST Snack'n Waffle LUNCH Oven Roasted Chicken	
13	14	15	16	17	18	
Lunch Meal Includes: Entrée, Milk, Fruit and Vegetables	BREAKFAST Banana Muffin LUNCH Boneless Chicken Wings	BREAKFAST French Toast LUNCH Cheese Quesadilla	BREAKFAST Cherry Apple Crunch Bar LUNCH Peanut Butter Jelly Sandwich	BREAKFAST Carrot But LUNCH Cheeseburger	Spring Recess No School Broccoli Season: October-May Did You Know? Because no machines are capable of picking broccoli, it must be harvested by hand with a knife.	
20	21	22	23	24	25	26
Offering Daily Lunch Option.	BREAKFAST Oatmeal Raisin Breakfast Bar LUNCH Popcorn Chicken Bowl	BREAKFAST Apple Frudel LUNCH Chicken Tacos	BREAKFAST Cereal Bar & String Cheese LUNCH Broccoli, Cheese, & Chicken Bake	BREAKFAST Breakfast Wrap LUNCH Orange Chicken & Brown Rice	BREAKFAST Blueberry Muffin LUNCH Beef Hot Dog on WG Bun	Join us for FREE breakfast and lunch every day of school
27	28	29	30	1	2	3
Join us for FREE breakfast and lunch every day of school	BREAKFAST Cereal Bowl & Educational Cookies LUNCH Spicy Chicken Patty Sandwich	BREAKFAST Strawberry Yogurt & Belly Bear Grahams LUNCH French Toast & Turkey Sausage Patty	BREAKFAST Donut Bites LUNCH Turkey Ham & Cheese Croissant Sandwich	Advantages of Eating in The A.M. When you eat breakfast you're telling your body that there are plenty of calories to be had for the day. When you skip breakfast the message your body gets is that it needs to conserve rather than burn any incoming calories, (Christy C. Tangney, PhD, Professor of Clinical Nutrition at Rush University).		
4	5	This institution is an equal opportunity provider.				
Summer Food Service						
Announcements: We will be offering summer food service. Further information and details will be provided in May. Summer Food Service is free meal program to all children ages 18 and younger. For general information on Summer Food Service, please visit https://www.azhealthzone.org/resources/ to find sites closest to you that are offering summer food service.						