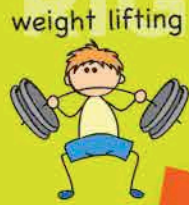


EAT RIGHT, GET MOVING AND HAVE FUN!



Anne N.
Sunset

Washington Elementary School District **BREAKFAST AND LUNCH MENU** 2013-2014



Lunch Meal Prices

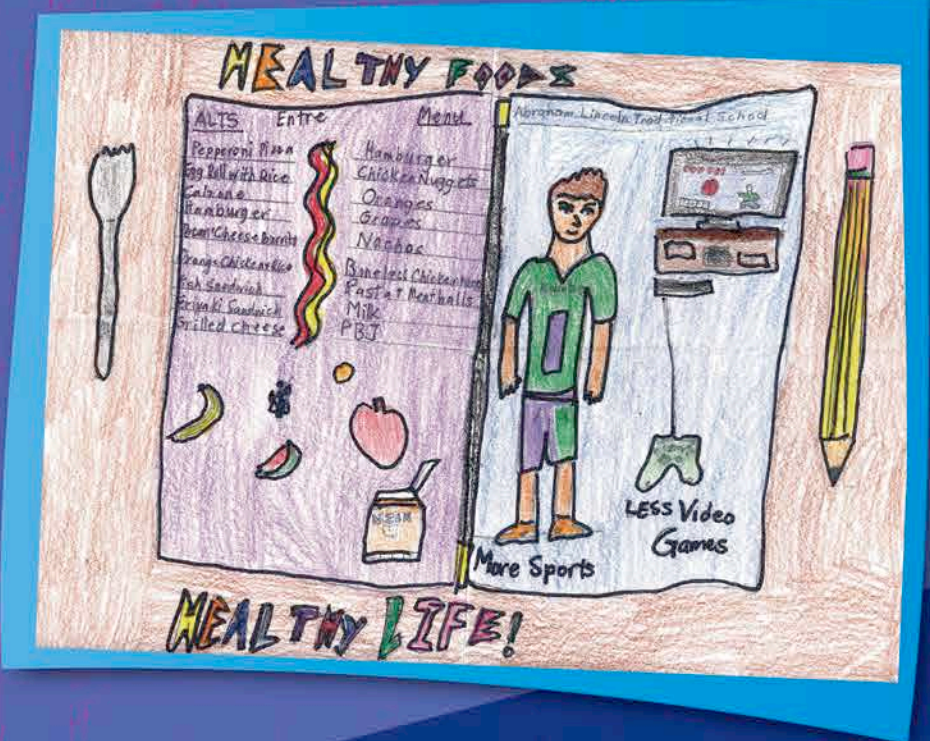
One Day - \$1.60
One Week - \$8.00
Four Weeks - \$32.00

FULL ADULT LUNCH
\$3.00



PREPAY FOR SCHOOL MEALS by:

1. check — Please write the student's complete name and six-digit identification number on the front of the check. The check should be made payable to the school.
2. credit card — use your Visa® or Mastercard® and visit www.mylunchmoney.com.
3. cash — Please put the money in an envelope labeled "cafeteria" with the school name, student's name and ID number.



Now you can apply for free or reduced school meals online! The process is quick, easy and FREE and in a few short steps you'll be done.

Visit www.schoollunchapp.com and complete your application today.

www.SCHOOLLUNCHAPP.com



Breakfast is FREE at all sites!

FRESH
FRUIT &
VEGETABLE
PROGRAM

The United States Department of Agriculture's (USDA) Fruit and Vegetable Program will transform Desert View, Mountain View, Richard E. Miller, Shaw Butte, Sunnyslope and Washington into models for healthy behavior and healthy learning environments for the 2013-2014 school year.

The concept is simple: offer a fresh fruit or vegetable snack during the school day and improve students' daily consumption of fruits and vegetables. The snack will allow students to have an increased exposure to fresh produce and learn more healthy eating habits. Snacks ranging from apples to zucchini will be served three days a week to students during the school day.



Eat Healthy Everyday!

Nutrition Services

WASHINGTON ELEMENTARY
★ SCHOOL DISTRICT ★

The WESD Nutrition Services dietitians are scheduling nutrition education classes for preschool through 8th grade. Classes are free, fun and meet the Arizona State Health Education Standards for each grade level. Call 602-896-5237 for more information and to schedule classes.

Choose **MyPlate.gov**

Breakfast is the most important meal of the day! Our delicious and nutritious breakfast choices help students wake up and learn!

Breakfast Menu

Oatmeal bar – whole-grain Betty Crocker® oatmeal bar, available in three yummy flavors
Breakfast-on-a-stick – warm, golden, whole-grain pancakes wrapped around Jimmy Dean® breakfast sausage
Muffin – whole-grain, reduced-fat Otis Spunkmeyer® muffins, in apple cinnamon, wild blueberry or banana
French toast – warm, whole-grain, home-style French toast with light cinnamon glaze
Honey bun – whole-wheat bun lightly drizzled with a sweet glaze
Cereal bar – Kellogg's® whole-grain oats and rice cereal bar in berry, apple cinnamon or Cocoa Krispies® flavor
Mini pancakes – child-size, whole-grain pancakes bursting with maple or strawberry flavor
Muffin top – favorite part of the muffin made with sweet potatoes and sprinkled with chocolate chips
Uncrustables® – creamy peanut butter and Smucker's® grape or strawberry jelly crimped in crustless, whole-grain bread
Nutri-Grain® Bar – real fruit, strawberry, blueberry or apple, inside a soft whole-grain crust
Pancakes – whole grain, golden brown pancakes with a light cinnamon or blueberry glaze
Mini waffles – whole-grain mini Pillsbury® waffles with baked-in blueberry or maple flavor
Breakfast wrap – delicious cheese omelet made with farm-fresh eggs stuffed inside a tender whole-grain flour tortilla
French toast sticks – warm, baked French toast sticks with cinnamon glaze
Cereal – choice of whole-grain cereal available daily in an assortment of flavors
Oatmeal – in regular, apples and cinnamon, or maple and brown sugar variety (offered at schools where breakfast is served in the cafeteria)

Beverages

Sarah Farms milk – fat-free, 1% white and chocolate milk are available daily at breakfast and lunch.

Fruit juice – 100% fruit juice; packed with vitamin C.

Healthy Breakfast Sides

Yogurt – Trix® yogurt in raspberry rainbow, triple cherry or strawberry banana blast; no artificial color or flavor and no high fructose corn syrup
String cheese – part-skim mozzarella cheese in a peel-able, easy-to-eat stick
Fruit – variety of seasonal fresh, canned or dried fruit, providing lots of vitamins and fiber

Healthy Lunch Sides

Seasonal fresh, canned or dried fruit, two vegetable choices in a variety of colors, and a fresh salad bar are available daily. Students are encouraged to fill their plate with lots of fruits and vegetables!

Lunch Menu

Students are offered child-friendly favorites every day. Our entrées have been carefully chosen to be lower in fat and sodium, and higher in fiber.

Pizza – pizzas made with whole-grain crusts and part-skim cheese; lower in fat and higher in fiber
Orange chicken with rice – baked chicken glazed with sweet and tangy mandarin orange sauce, served over whole-grain brown rice
Calzone with marinara – whole-grain pizza dough pocket stuffed with cheese and reduced-fat turkey pepperoni; served with a side of marinara sauce
Chicken patty sandwich – breaded, baked chicken with mild seasonings, served on a whole-grain bun
Sliders – pair of charbroiled, mini, beefsteak burgers on whole-grain buns, topped with cheese
Grilled cheese sandwich – reduced-fat cheese served on whole-grain bread
Chicken nuggets – tender chicken coated in wheat breading with pepper and other seasonings
Baked potato – oven-baked potato with reduced-fat cheddar cheese and turkey bacon bits
Mini cheese ravioli – bite-sized, whole-grain pasta filled with fat-free ricotta and part-skim mozzarella cheeses, topped with marinara sauce
Hot dog – classic, all-beef hot dog on a whole-grain bun
Salad shakers – entrée-sized salads stuffed with everything you need for a healthy lunch and ready to be topped with our homemade, low-fat dressings
Fish sandwich – oven-baked, whole-grain breaded, rainbow trout topped with American cheese on a whole-grain bun
Trout treasures – baked rainbow trout with light whole-grain breading in three sea-riffic shapes
Mini tacos – mini, baked tacos filled with seasoned chicken; served on a bed of lettuce
Corn dog – turkey hotdog coated in a whole-grain cornbread batter; baked until crisp
Teriyaki noodle bowl – thin, steam-cooked, wheat noodles topped with tender chicken strips in sweet teriyaki sauce
Hamburger – 100% beef burger, on a whole-grain bun
Taco salad – whole, corn tortilla chips topped with shredded lettuce, reduced-fat cheese and seasoned beef
Macaroni and cheese – classic comfort food, made with whole-grain pasta and low-fat, low-sodium cheese sauce
Egg roll with brown rice – lean pork with chopped carrots, celery, cabbage and onions, rolled in a wrapper and baked until crispy; served with whole-grain brown rice and edamame
Nachos – restaurant-style tortilla chips served with a reduced-sodium cheddar or queso cheese cup and refried beans
Boneless chicken wings – white meat chicken breast pieces coated in a spicy buffalo breading and baked until crispy
Bean and cheese burrito – whole-grain flour tortilla stuffed with pinto beans, cheese and mild green chiles
Teriyaki chicken sandwich – chicken glazed in sweet teriyaki sauce, served on whole-grain bun
Chicken poppers – bite-sized pieces of baked chicken, coated in seasoned wheat breading
Pasta and meatballs – all-beef seasoned meatballs in marinara sauce, served over Barilla PLUS® pasta (fortified with protein and fiber)
Turkey and gravy – white meat turkey roasted in low-sodium gravy; served over mashed potatoes with a whole-grain roll
Shrimp poppers – Savory baked shrimp with light, whole-grain breading; the perfect size for popping in your mouth
Barbecued chicken quesadilla – bubbly, whole-grain tortilla wedges filled with tangy barbecued chicken and mozzarella cheese
Mini corn dogs – bite-sized, low-fat turkey hotdogs coated with whole-grain, honey-sweetened cornbread and baked until golden
Peanut butter and jelly – peanut butter and jelly cup with whole wheat bread (daily vegetarian option)

Featured Student Artwork



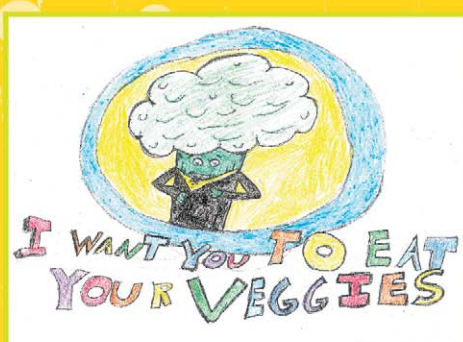
Cover Artwork
Anne N. – Sunset



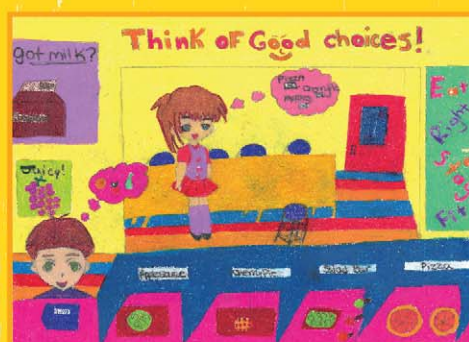
Karl A. – Abraham Lincoln



Wendy M. – Manzanita



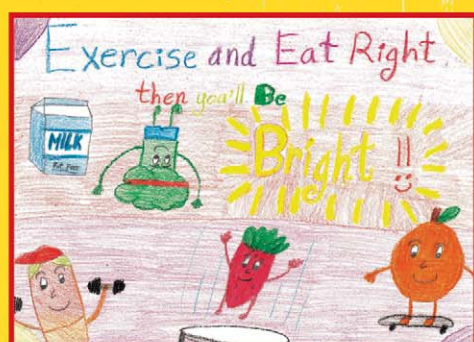
Zoe P. – John Jacobs



Tyler H. – Palo Verde



Nicolas B. – Lookout Mountain



Sumeja H. – Sunset

Sean H. – *Acacia*

Lizbeth A. – Mountain View



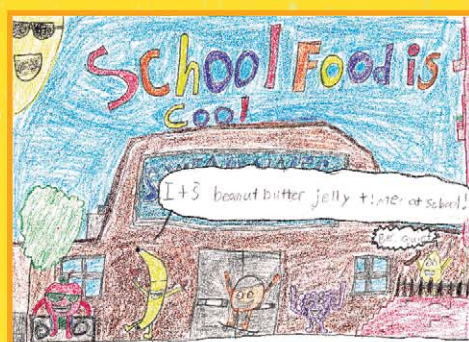
Crystal M. – Manzanita



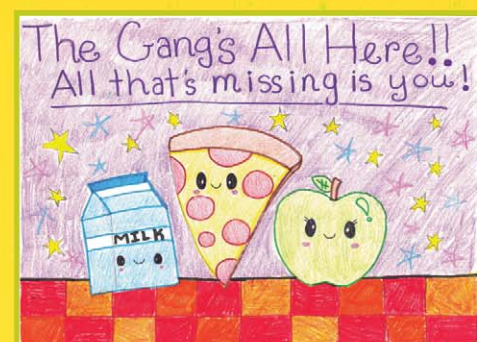
Madira G. – Mountain View



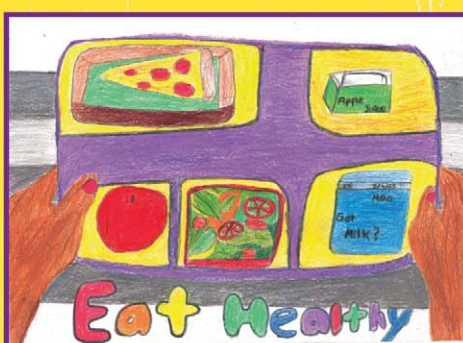
Natalie S. – Moon Mountain



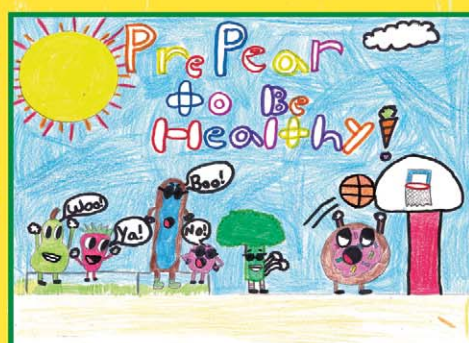
Alin D. – Sweetwater



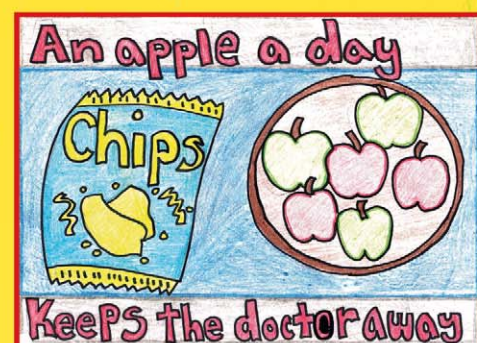
Daniela V. – Abraham Lincoln



Esmeralda P. – Palo Verde



Katelyn R. – John Jacobs



Jovanna H. – John Jacobs

Melia T. – *Acacia*

Julia J. – Moon Mountain



Emily S. – John Jacobs



We LOVE student artwork!

All entries for the 2014-2015 school meal calendar contest are due April 18, 2014.



Cover Artwork Winner!

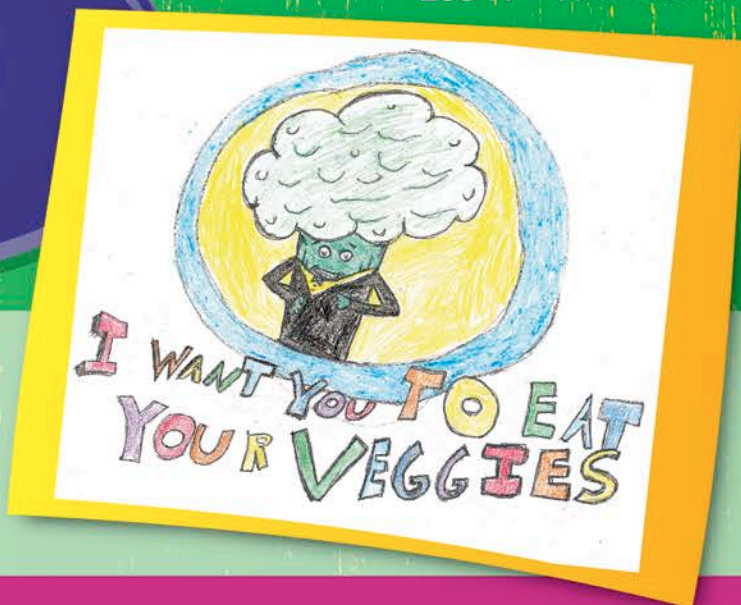
STUDENT – ANNE N.
(5TH GRADE – SUNSET)

ART TEACHER – MS. ADAMS
(SUNSET)

Why did the ballerina quit?

Because it was tu-tu hard!

Zoe P. – John Jacobs



August

Monday

12

Breakfast
Oatmeal Bar or Cereal
Lunch (select one)
Chicken Poppers
Bean & Cheese Burrito

1

Tuesday

13

Breakfast
Breakfast on a Stick or Cereal
Lunch (select one)
Sliders
Teriyaki Noodle Bowl

2

Wednesday

14

Breakfast
Muffin or Cereal
Lunch (select one)
Fish Sandwich or Treasures
French Bread Pizza

3

Thursday

15

Breakfast
Mini Waffle or Cereal
Lunch (select one)
Calzone
Mini Tacos

4

Friday

16

Breakfast
French Toast Sticks or Cereal
Lunch (select one)
Hot Dog
Mini Ravioli
Salad Shaker

5

19

Breakfast
Nutri-Grain® Bar or Cereal
Lunch (select one)
Chicken Nuggets
Loaded Baked Potato

6

20

Breakfast
Pancakes or Cereal
Lunch (select one)
BBQ Quesadilla
Mini Corn Dogs

1

21

Breakfast
Muffin Top or Cereal
Lunch (select one)
Orange Chicken with Rice
Pepperoni Pizza

2

22

Breakfast
Uncrustable® or Cereal
Lunch (select one)
Macaroni & Cheese
Chicken Patty Sandwich

3

23

Breakfast
French Toast or Cereal
Lunch (select one)
Popcorn Shrimp
Taco Salad
Salad Shaker

4

26

Breakfast
Cereal Bar or Cereal
Lunch (select one)
Boneless Wings
Pasta & Meatballs

5

27

Breakfast
Breakfast Wrap or Cereal
Lunch (select one)
Super Nachos
Teriyaki Chicken Sandwich

6

28

Breakfast
Muffin or Cereal
Lunch (select one)
Egg Roll with Rice & Edamame
Deep Dish Pizza

1

29

Breakfast
Honey Bun or Cereal
Lunch (select one)
Hamburger
Grilled Cheese

2

30

Breakfast
Mini Pancakes or Cereal
Lunch (select one)
Turkey & Gravy
Corn Dog
Salad Shaker

3

Self-serve:
food bar/side dishes/juice
1% OR nonfat milk

Pb & jelly option offered daily

Sardella's Pizza served at
middle schools & jr highs



=item contains pork



=item contains nuts



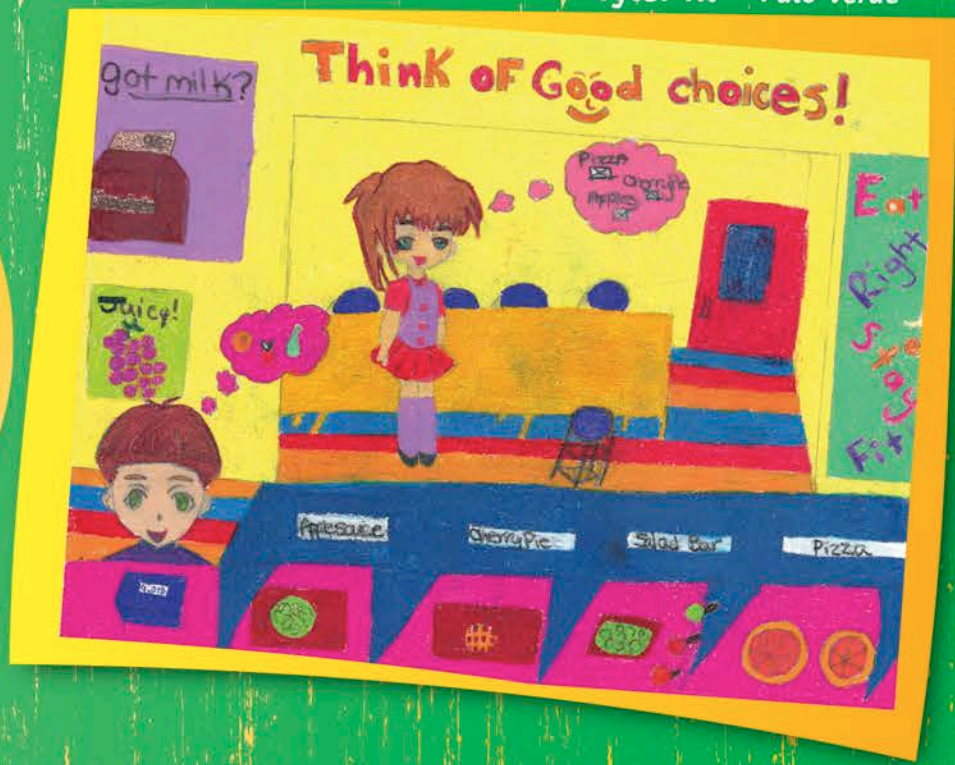
=item is meatless

Tyler H. – Palo Verde

swimming



**SWIMMING
IS MORE THAN
A FUN SPORT AND
A WAY TO STAY
HEALTHY; IT'S A SKILL
THAT COULD SAVE
YOUR LIFE OR HELP
YOU SAVE
SOMEONE ELSE'S
LIFE IN AN
EMERGENCY.**

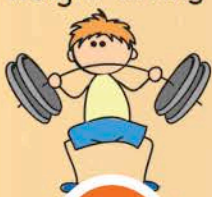


What is a cheerleader's favorite food?
Cheerios!

Nicolas B.
Lookout Mountain



weight lifting



soccer



swimming



volleyball



basketball



surfing



September

Monday

LABOR DAY



2

Tuesday

Breakfast

Oatmeal Bar or Cereal

Lunch (select one)

Chicken Poppers

Bean & Cheese Burrito



3

Wednesday

Breakfast

Muffin or Cereal

Lunch (select one)

Fish Sandwich or Treasures

French Bread Pizza



4

Thursday

Breakfast

Mini Waffle or Cereal

Lunch (select one)

Calzone

Mini Tacos

5

Friday

Breakfast

French Toast Sticks or Cereal

Lunch (select one)

Hot Dog

Mini Ravioli

Salad Shaker



6

Breakfast

Nutri-Grain Bar® or Cereal

Lunch (select one)

Chicken Nuggets

Loaded Baked Potato

9

Breakfast

Pancakes or Cereal

Lunch (select one)

BBQ Quesadilla

Mini Corn Dogs

10

Breakfast

Muffin Top or Cereal

Lunch (select one)

Orange Chicken with Rice

Pepperoni Pizza



11

Breakfast

Uncrustable®

or Cereal



Lunch (select one)

Macaroni & Cheese

Chicken Patty Sandwich



12

Breakfast

French Toast or Cereal

Lunch (select one)

Popcorn Shrimp

Taco Salad

Salad Shaker

13

Breakfast

Cereal Bar or Cereal

Lunch (select one)

Boneless Wings

Pasta & Meatballs

16

Breakfast

Breakfast Wrap or Cereal

Lunch (select one)

Super Nachos



Teriyaki Chicken Sandwich

17

Breakfast

Muffin or Cereal

Lunch (select one)

Egg Roll with Rice & Edamame

Deep Dish Pizza



18

Breakfast

Honey Bun or Cereal

Lunch (select one)

Hamburger

Grilled Cheese



19

Breakfast

Mini Pancakes or Cereal

Lunch (select one)

Turkey & Gravy

Corn Dog

Salad Shaker

20

Breakfast

Oatmeal Bar or Cereal

Lunch (select one)

Chicken Poppers

Bean & Cheese Burrito



23

Breakfast

Breakfast on a Stick

or Cereal

Lunch (select one)

Sliders

Teriyaki Noodle Bowl



24

Breakfast

Muffin or Cereal

Lunch (select one)

Fish Sandwich or Treasures

French Bread Pizza



25

Breakfast

Mini Waffle or Cereal

Lunch (select one)

Calzone

Mini Tacos

26

Breakfast

French Toast Sticks or Cereal

Lunch (select one)

Hot Dog

Mini Ravioli

Salad Shaker



27

Breakfast

Nutri-Grain® Bar or Cereal

Lunch (select one)

Chicken Nuggets

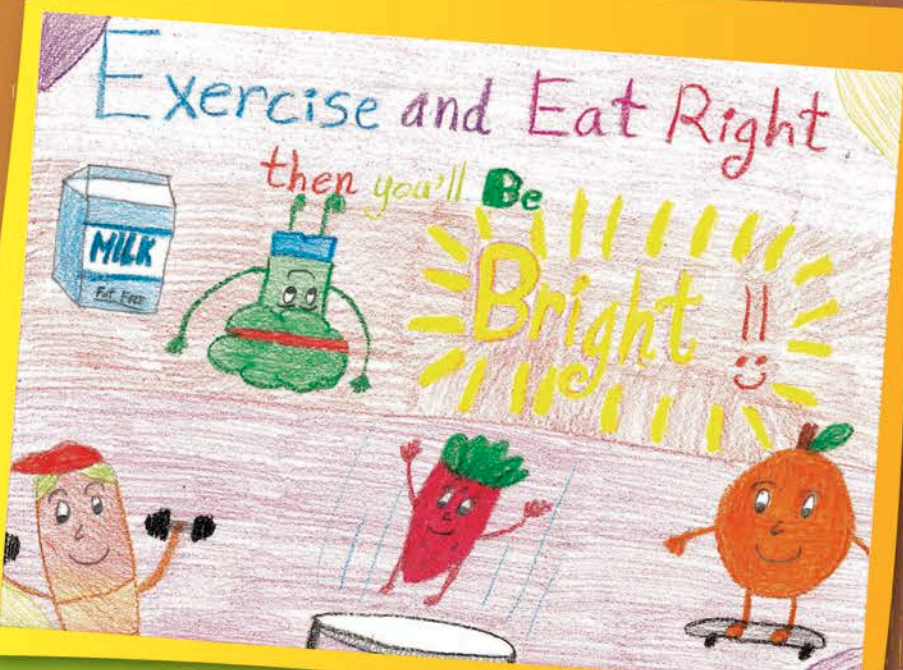
Loaded Baked Potato

30

Orville and Wilbur Wright,
the brothers who built
the first flying airplane,
operated a bike repair
shop in Dayton, Ohio.



biking



Sumeja H. – Sunset

Self-Serve.
food bar/side dishes/juice
1% OR NONFAT MILK

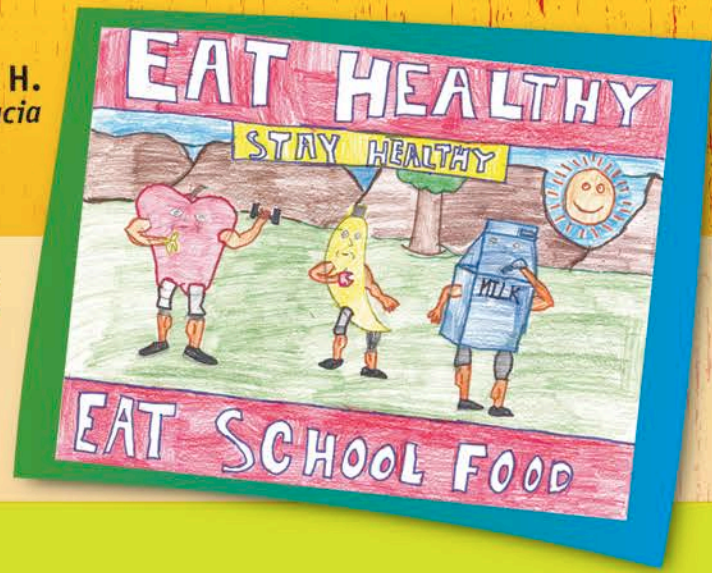
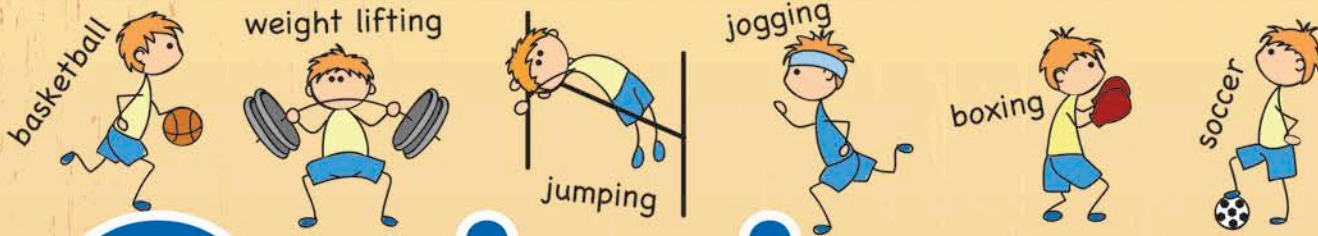
Pb & Jelly Option offered daily

Sardella's Pizza Served at
Middle Schools & JR Highs

=item contains pork =item contains nuts =item is meatless

What kind of math
do owls do?
Owlgebra!

Sean H.
Acacia



October

Monday

Hiking provides a chance to see wildlife, observe plants and trees, and learn about historic trails.

hiking

Tuesday

Breakfast

Pancakes or Cereal

Lunch (select one)

BBQ Quesadilla

Mini Corn Dogs

1

Wednesday

Breakfast

Muffin Top or Cereal

Lunch (select one)

Orange Chicken with Rice

Pepperoni Pizza

2

Thursday

Breakfast

Uncrustable®
or Cereal

Lunch (select one)

Macaroni & Cheese

Chicken Patty Sandwich

3

Friday

Breakfast

French Toast or Cereal

Lunch (select one)

Popcorn Shrimp

Taco Salad

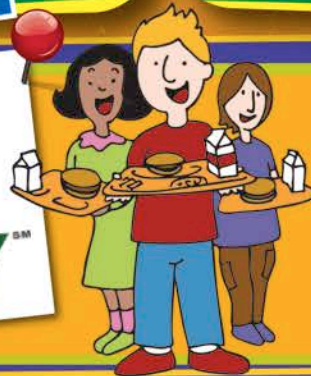
Salad Shaker

4

**FALL
Break**

Oct. 7-11

NATIONAL
Take Your Parents to
LUNCH DAY



Hey Children... invite your family to lunch! Visit
www.myhealthyschool.com/lunchday
for more information.

October 16, 2013

Breakfast

Cereal Bar or Cereal

Lunch (select one)

Boneless Wings

Pasta & Meatballs

14

Breakfast

Breakfast Wrap or Cereal

Lunch (select one)

Super Nachos

Teriyaki Chicken Sandwich

15

Breakfast

Muffin or Cereal

Lunch (select one)

Egg Roll with Rice & Edamame

Deep Dish Pizza

16

Breakfast

Honey Bun or Cereal

Lunch (select one)

Hamburger

Grilled Cheese

17

Breakfast

Mini Pancakes or Cereal

Lunch (select one)

Turkey & Gravy

Corn Dog

Salad Shaker

18

Breakfast

Oatmeal Bar or Cereal

Lunch (select one)

Chicken Poppers

Bean & Cheese Burrito

21

Breakfast

Breakfast on a Stick
or Cereal

Lunch (select one)

Sliders

Teriyaki Noodle Bowl

22

Breakfast

Muffin or Cereal

Lunch (select one)

Fish Sandwich or Treasures

French Bread Pizza

23

Breakfast

Mini Waffle or Cereal

Lunch (select one)

Calzone

Mini Tacos

24

Breakfast

French Toast Sticks or Cereal

Lunch (select one)

Hot Dog

Mini Ravioli

Salad Shaker

25

Breakfast

Nutri-Grain Bar® or Cereal

Lunch (select one)

Chicken Nuggets

Loaded Baked Potato

28

Breakfast

Pancakes or Cereal

Lunch (select one)

BBQ Quesadilla

Mini Corn Dogs

29

Breakfast

Muffin Top or Cereal

Lunch (select one)

Orange Chicken with Rice

Pepperoni Pizza

30

Breakfast

Uncrustable®
or Cereal

Lunch (select one)

Macaroni & Cheese

Chicken Patty Sandwich

31

Self-serve:
food bar/side dishes/juice
1% OR nonfat milk

Pb & jelly option offered daily

Sardella's Pizza served at
middle schools & jr highs

Three minutes
and 43 seconds
is the world record
for the fastest
run mile!

The difference between running and walking is not determined by speed, but by how you take steps with your legs and feet. When you're walking, one foot remains on the ground at all times. In running, both feet are sometimes off the ground at once.



Why do basketball players love donuts?
Because they dunk them!

Lizbeth A.
Mountain View



November

Monday

Tuesday

Wednesday

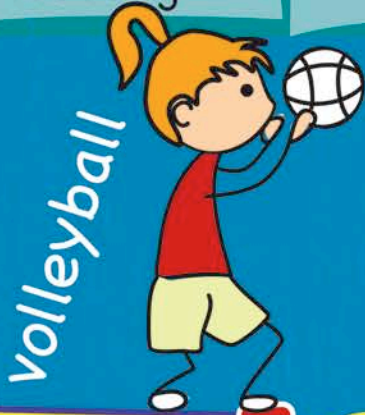
Thursday

Friday

Self-Serve:
food bar/side dishes/juice
1% OR nonfat milk

Pb & jelly option offered daily

Sardella's Pizza served at
middle schools & jr highs



Volleyball is a unique team sport with a short and impressive history. It is one of the few team sports invented in the United States, along with basketball and baseball, that is now played widely all over the globe.

Breakfast
French Toast or Cereal
Lunch (select one)
Popcorn Shrimp
Taco Salad
Salad Shaker

Breakfast
Cereal Bar or Cereal
Lunch (select one)
Boneless Wings
Pasta & Meatballs

Breakfast
Breakfast Wrap or Cereal
Lunch (select one)
Super Nachos
Teriyaki Chicken Sandwich

Breakfast
Muffin or Cereal
Lunch (select one)
Egg Roll with Rice & Edamame
Deep Dish Pizza

Breakfast
Honey Bun or Cereal
Lunch (select one)
Hamburger
Grilled Cheese

Breakfast
Mini Pancakes or Cereal
Lunch (select one)
Turkey & Gravy
Corn Dog
Salad Shaker



Breakfast
Oatmeal Bar or Cereal
Lunch (select one)
Chicken Poppers
Bean & Cheese Burrito

Breakfast
Muffin or Cereal
Lunch (select one)
Fish Sandwich or Treasures
French Bread Pizza

Breakfast
Mini Waffle or Cereal
Lunch (select one)
Calzone
Mini Tacos

Breakfast
French Toast Sticks or Cereal
Lunch (select one)
Hot Dog
Mini Ravioli
Salad Shaker

Breakfast
Nutri-Grain Bar® or Cereal
Lunch (select one)
Chicken Nuggets
Loaded Baked Potato

Breakfast
Pancakes or Cereal
Lunch (select one)
BBQ Quesadilla
Mini Corn Dogs

Breakfast
Muffin Top or Cereal
Lunch (select one)
Orange Chicken with Rice
Pepperoni Pizza

Breakfast
Uncrustable®
or Cereal
Lunch (select one)
Macaroni & Cheese
Chicken Patty Sandwich

Breakfast
French Toast or Cereal
Lunch (select one)
Popcorn Shrimp
Taco Salad
Salad Shaker

Breakfast
Cereal Bar or Cereal
Lunch (select one)
Boneless Wings
Pasta & Meatballs

Breakfast
Breakfast Wrap or Cereal
Lunch (select one)
Super Nachos
Teriyaki Chicken Sandwich

Breakfast
Muffin or Cereal
Lunch (select one)
Egg Roll with Rice & Edamame
Deep Dish Pizza

Happy Thanksgiving



= item contains pork = item contains nuts = item is meatless

HELP WANTED

This is your chance to become
the lunch lady!
(or the lunch guy!)

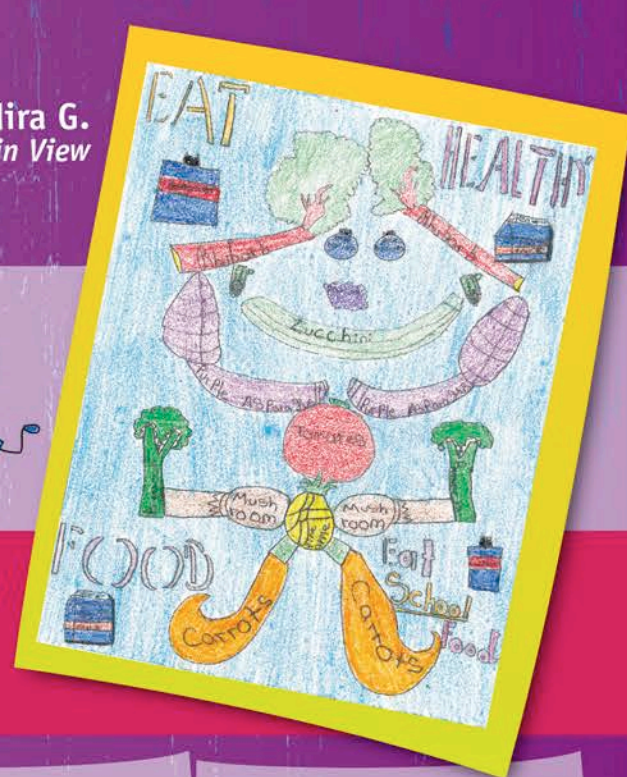
Apply for a food service worker job with WESD Nutrition Services. No evenings or weekends and free lunch!
Call 602-896-5238 or log onto www.wesdschools.org for more information.

Crystal M.
Manzanita



How do football players stay cool?
They sit next to the fans!

Yadira G.
Mountain View



December


Monday

Breakfast

Oatmeal Bar or Cereal

Lunch (select one)

Chicken Poppers

Bean & Cheese Burrito 

2

6

Tuesday

Breakfast

Breakfast on a Stick  or Cereal

Lunch (select one)

Sliders

Teriyaki Noodle Bowl

3

1

Wednesday

Breakfast

Muffin or Cereal

Lunch (select one)

Fish Sandwich or Treasures

French Bread Pizza 

4

2

Thursday

Breakfast

Mini Waffle or Cereal

Lunch (select one)

Calzone

Mini Tacos

5

3


Friday

Breakfast

French Toast Sticks or Cereal

Lunch (select one)

Hot Dog

Mini Ravioli 

Salad Shaker

6

4

Breakfast

Nutri-Grain® Bar or Cereal

Lunch (select one)

Chicken Nuggets

Loaded Baked Potato

9

5

Breakfast

Pancakes or Cereal

Lunch (select one)

BBQ Quesadilla

Mini Corn Dogs

10

6

Breakfast

Muffin Top or Cereal

Lunch (select one)

Orange Chicken with Rice

Pepperoni Pizza 


11

1

Breakfast

Uncrustable®  or Cereal

Lunch (select one)

Macaroni & Cheese 

Chicken Patty Sandwich

12

2

Breakfast

French Toast or Cereal

Lunch (select one)

Popcorn Shrimp

Taco Salad

Salad Shaker

13

3

Breakfast

Cereal Bar or Cereal

Lunch (select one)

Boneless Wings

Pasta & Meatballs

16

4

Breakfast

Breakfast Wrap or Cereal

Lunch (select one)

Super Nachos 

Teriyaki Chicken Sandwich

17

5

Breakfast

Muffin or Cereal

Lunch (select one)

Egg Roll with Rice & Edamame 

Deep Dish Pizza 

18


6

Breakfast

Honey Bun or Cereal

Lunch (select one)

Hamburger

Grilled Cheese 

19

1



=item contains pork



=item contains nuts



=item is meatless

Self-serve:
food bar/side dishes/juice
1% OR nonfat milk

Pb & jelly option offered daily

Sardella's Pizza served at
middle schools & JR highs

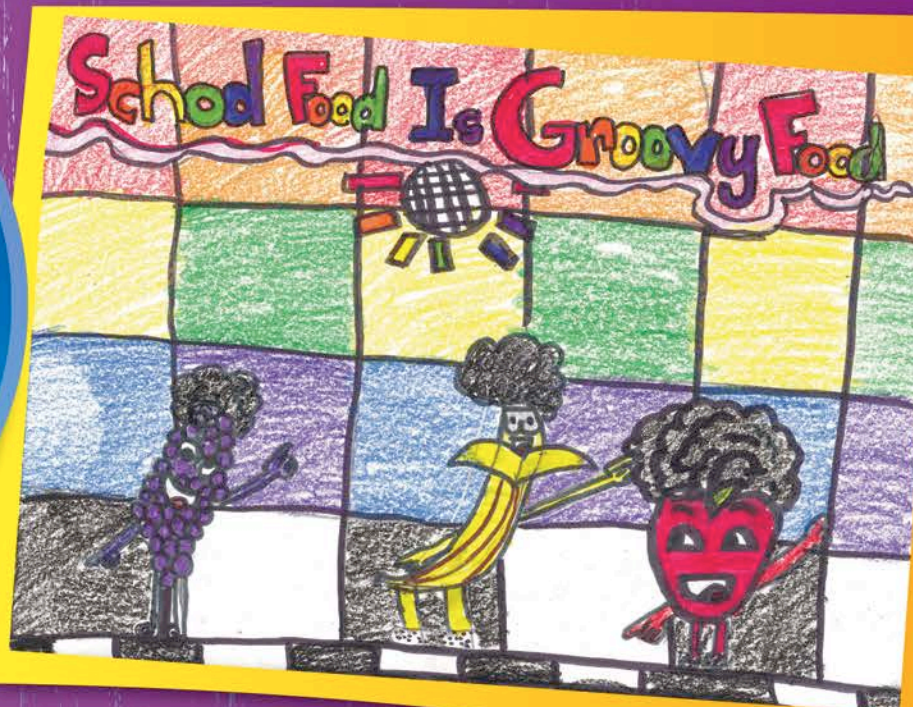


Winter Break

Dec. 23 - Jan. 3

Jumping rope is
an excellent cardiovascular
workout. It helps you increase
body awareness and hand-and-
foot coordination. Keep a steady
pace to get the most from
your workout.

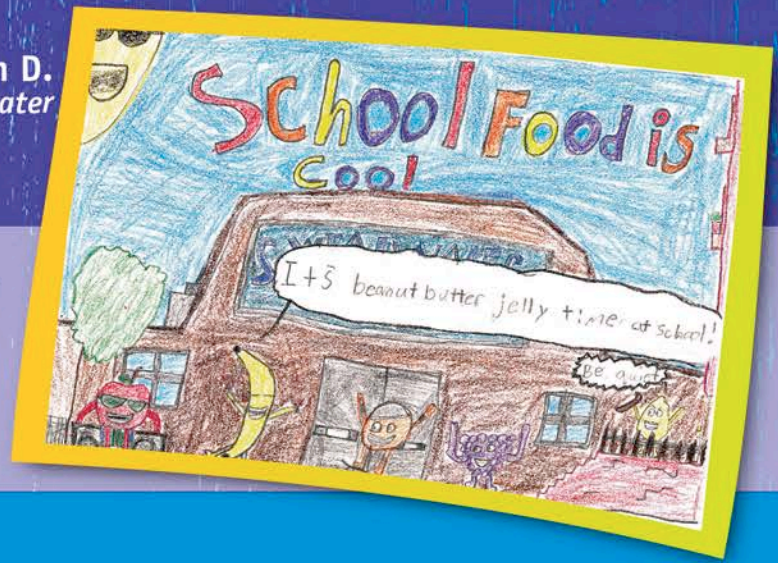
jumping
rope



Natalie S. - Moon Mountain

What do snowmen eat for lunch?
Iceburgers!

Alin D.
Sweetwater



January

Monday

Breakfast

Oatmeal Bar or Cereal

Lunch (select one)

Chicken Poppers


Bean & Cheese Burrito 

6

2

Tuesday

Breakfast

Breakfast on a Stick  or Cereal

Lunch (select one)

Sliders

Teriyaki Noodle Bowl

7

3

Wednesday

Breakfast

Muffin or Cereal

Lunch (select one)

Fish Sandwich or Treasures

French Bread Pizza 

8

4

Thursday

Breakfast

Mini Waffle or Cereal

Lunch (select one)

Calzone

Mini Tacos

9

5


Friday

Breakfast

French Toast Sticks or Cereal

Lunch (select one)

Hot Dog

Mini Ravioli 

Salad Shaker

10

6

Breakfast

Nutri-Grain® Bar or Cereal

Lunch (select one)

Chicken Nuggets

Loaded Baked Potato

13

1

Breakfast

Pancakes or Cereal

Lunch (select one)

BBQ Quesadilla

Mini Corn Dogs

14

2

Breakfast

Muffin Top or Cereal

Lunch (select one)

Orange Chicken with Rice

Pepperoni Pizza 

15

3

Breakfast

Uncrustable®  or Cereal

Lunch (select one)

Macaroni & Cheese 

Chicken Patty Sandwich

16

4

Breakfast

French Toast or Cereal

Lunch (select one)

Popcorn Shrimp

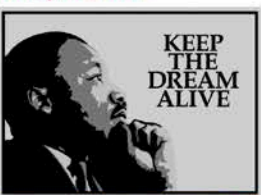
Taco Salad

Salad Shaker

17

5

MARTIN LUTHER KING, JR. DAY



20

Breakfast

Cereal Bar or Cereal

Lunch (select one)

Boneless Wings

Pasta & Meatballs

21

6

Breakfast

Muffin or Cereal

Lunch (select one)

Egg Roll with Rice & Edamame 

Deep Dish Pizza 

22

1

Breakfast

Honey Bun or Cereal

Lunch (select one)

Hamburger

Grilled Cheese 

23

2

Breakfast

Mini Pancakes or Cereal

Lunch (select one)

Turkey & Gravy

Corn Dog

Salad Shaker

24

3

Breakfast

Oatmeal Bar or Cereal

Lunch (select one)


Chicken Poppers

Bean & Cheese Burrito 

27

4

Breakfast

Breakfast on a Stick  or Cereal

Lunch (select one)

Sliders

Teriyaki Noodle Bowl

28

5

Breakfast

Muffin or Cereal

Lunch (select one)

Fish Sandwich or Treasures

French Bread Pizza 

29

6

Breakfast

Mini Waffle or Cereal

Lunch (select one)

Calzone

Mini Tacos

30

1

Breakfast

French Toast Sticks or Cereal

Lunch (select one)

Hot Dog

Mini Ravioli 

Salad Shaker

31

2

Self-Serve.
food bar/side dishes/juice
1% OR nonfat milk

Pb & Jelly Option offered daily

Sardella's Pizza Served at
Middle Schools & JR highs

The first basketball-type game may have been played by the early Olmec people of ancient Mexico as early as 500 years go.



Why are basketballers sloppy eaters?
Because they're always dribbling!

basketball



=item contains pork

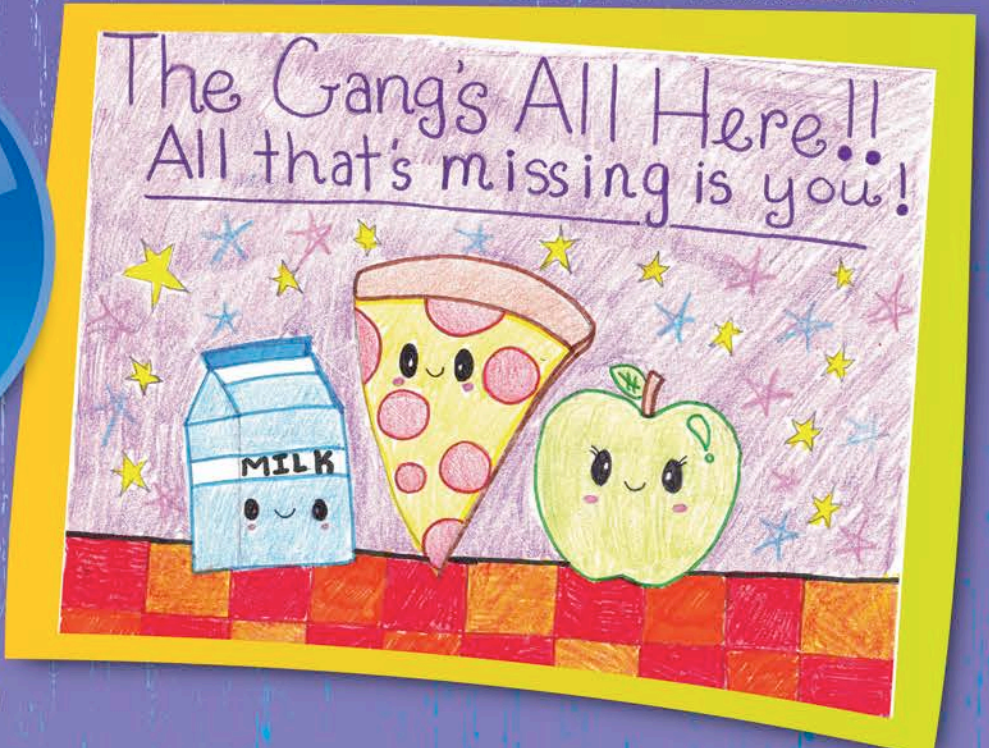


=item contains nuts



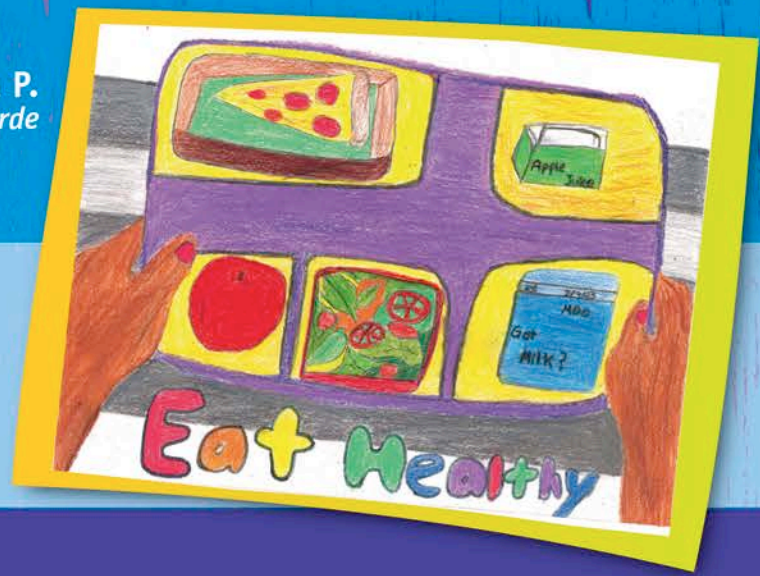
=item is meatless

Daniela V. — Abraham Lincoln



How does the gingerbread man make his bed? **With cookie sheets!**

Esmeralda P.
Palo Verde



February

Monday

Breakfast

Nutri-Grain® Bar or Cereal

Lunch (select one)

Chicken Nuggets
Loaded Baked Potato

3

Tuesday

Breakfast

Pancakes or Cereal

Lunch (select one)

BBQ Quesadilla
Mini Corn Dogs

4

Wednesday

Breakfast

Muffin Top or Cereal

Lunch (select one)

Orange Chicken with Rice
Pepperoni Pizza

5

Thursday

Breakfast

Uncrustable®
or Cereal

Lunch (select one)

Macaroni & Cheese
Chicken Patty Sandwich

6

Friday

Breakfast

French Toast or Cereal

Lunch (select one)

Popcorn Shrimp
Taco Salad
Salad Shaker

7

Breakfast

Cereal Bar or Cereal

Lunch (select one)

Boneless Wings
Pasta & Meatballs

10

Breakfast

Breakfast Wrap or Cereal

Lunch (select one)

Super Nachos
Teriyaki Chicken Sandwich

11

Breakfast

Muffin or Cereal

Lunch (select one)

Egg Roll with Rice & Edamame
Deep Dish Pizza

12

Breakfast

Honey Bun or Cereal

Lunch (select one)

Hamburger
Grilled Cheese

13

Breakfast

Mini Pancakes or Cereal

Lunch (select one)

Turkey & Gravy
Corn Dog
Salad Shaker

14

**PRESIDENTS
DAY**



17

Breakfast

Oatmeal Bar or Cereal

Lunch (select one)

Chicken Poppers
Bean & Cheese Burrito

18

Breakfast

Muffin or Cereal

Lunch (select one)

Fish Sandwich or Treasures
French Bread Pizza

19

Breakfast

Mini Waffle or Cereal

Lunch (select one)

Calzone
Mini Tacos

20

Breakfast

French Toast Sticks or Cereal

Lunch (select one)

Hot Dog
Mini Ravioli
Salad Shaker

21

Breakfast

Nutri-Grain® Bar or Cereal

Lunch (select one)

Chicken Nuggets
Loaded Baked Potato

24

Breakfast

Pancakes or Cereal

Lunch (select one)

BBQ Quesadilla
Mini Corn Dogs

25

Breakfast

Muffin Top or Cereal

Lunch (select one)

Orange Chicken with Rice
Pepperoni Pizza

26

Breakfast

Uncrustable®
or Cereal

Lunch (select one)

Macaroni & Cheese
Chicken Patty Sandwich

27

Breakfast

French Toast or Cereal

Lunch (select one)

Popcorn Shrimp
Taco Salad
Salad Shaker

28

SELF-SERVE.
food bar/side dishes/juice
1% OR nonfat MILK

Pb & Jelly OPTION offered daily

SARDILLA'S PIZZA SERVED AT
MIDDLE SCHOOLS & JR. HIGHS

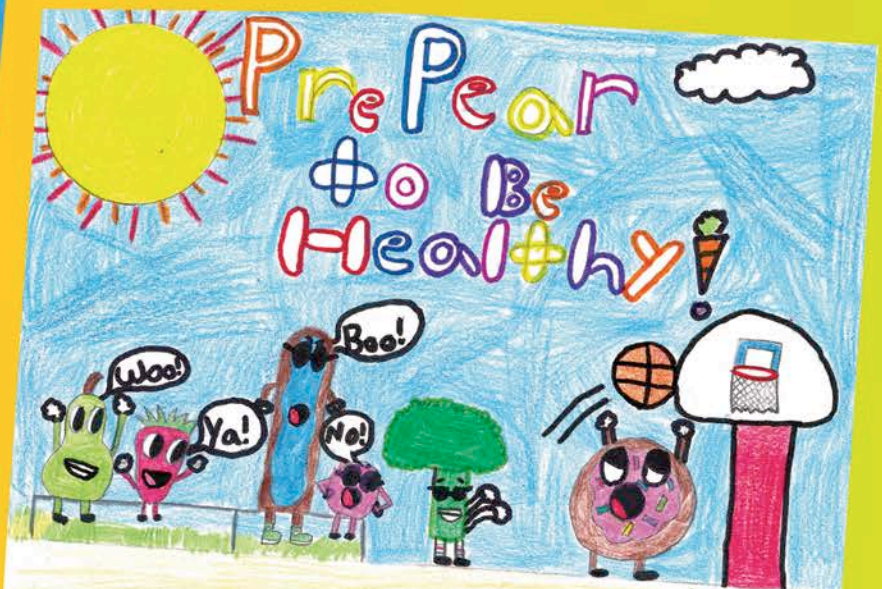
Charles Goodyear
patented the first rubber
soccer ball in 1836. Prior to
that, balls were made with an
irregular shape and were more
unpredictable when kicked.

=item contains pork =item contains nuts =item is meatless

Katelyn R. – John Jacobs

Why did
the soccer ball
quit the team?
It was tired of being
kicked around!

soccer



What fruit always travels in groups of two?
Pears!

Jovanna H.
John Jacobs



March

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|--|
| 3 Breakfast Cereal Bar or Cereal Lunch (select one) Boneless Wings Pasta & Meatballs 4 | 4 Breakfast Breakfast Wrap or Cereal Lunch (select one) Super Nachos Teriyaki Chicken Sandwich 5 | 5 Breakfast Muffin or Cereal Lunch (select one) Egg Roll with Rice & Edamame Deep Dish Pizza 6 | 6 Breakfast Honey Bun or Cereal Lunch (select one) Hamburger Grilled Cheese 1 | 7 Breakfast Mini Pancakes or Cereal Lunch (select one) Turkey & Gravy Corn Dog Salad Shaker 2 |
| 10 Breakfast Oatmeal Bar or Cereal Lunch (select one) Chicken Poppers Bean & Cheese Burrito 3 | 11 Breakfast Breakfast on a Stick or Cereal Lunch (select one) Sliders Teriyaki Noodle Bowl 4 | 12 Breakfast Muffin or Cereal Lunch (select one) Fish Sandwich or Treasures French Bread Pizza 5 | 13 Breakfast Mini Waffle or Cereal Lunch (select one) Calzone Mini Tacos 6 | 14 Breakfast French Toast Sticks or Cereal Lunch (select one) Hot Dog Mini Ravioli Salad Shaker 1 |

Spring Break

Mar. 17-21

School Breakfast Week

March 3-7

take time for

school BREAKFAST

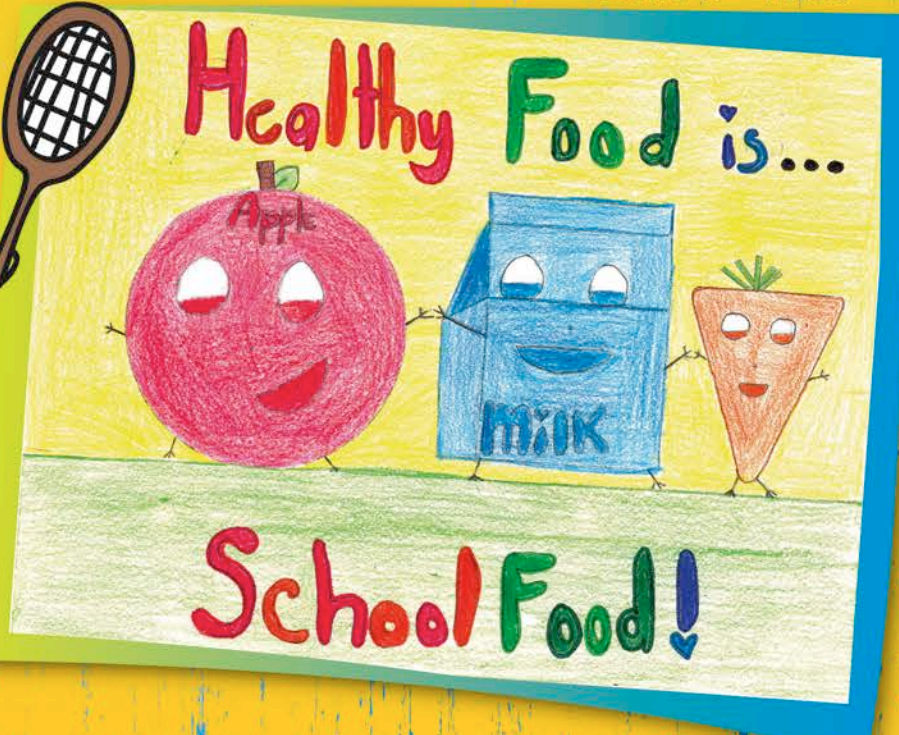
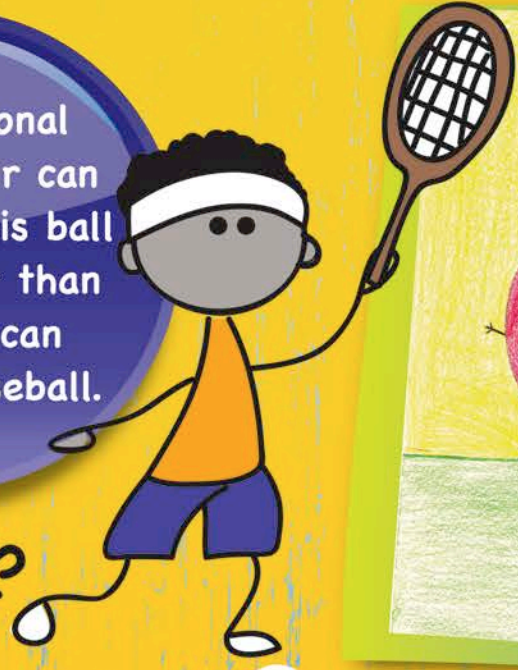
| | | | | |
|--|--|---|--|--|
| 24 Breakfast Nutri-Grain® Bar or Cereal Lunch (select one) Chicken Nuggets Loaded Baked Potato 2 | 25 Breakfast Pancakes or Cereal Lunch (select one) BBQ Quesadilla Mini Corn Dogs 3 | 26 Breakfast Muffin Top or Cereal Lunch (select one) Orange Chicken with Rice Pepperoni Pizza 4 | 27 Breakfast Uncrustable® or Cereal Lunch (select one) Macaroni & Cheese Chicken Patty Sandwich 5 | 28 Breakfast French Toast or Cereal Lunch (select one) Popcorn Shrimp Taco Salad Salad Shaker 6 |
|--|--|---|--|--|

| |
|---|
| 31 Breakfast Cereal Bar or Cereal Lunch (select one) Boneless Wings Pasta & Meatballs 1 |
|---|

=item contains pork =item contains nuts =item is meatless

Melia T. - Acacia

A professional tennis player can serve a tennis ball much faster than a pitcher can throw a baseball.



Self-Serve:
food bar/side dishes/juice
1% OR nonfat milk

Pb & jelly option offered daily

Sardella's Pizza served at
middle schools & jr highs

How is a baseball team similar to a pancake?
They both need a good batter!

Julia J.
Moon Mountain



April

AIMS
TESTING
7 - 11



Monday

RBI stands for Runs Batted In. Hank Aaron holds the record for the most RBIs with 2297!

baseball

Tuesday

Wednesday

Thursday

Friday

Breakfast
Breakfast Wrap or Cereal
Lunch (select one)
Super Nachos
Teriyaki Chicken Sandwich

Breakfast
Muffin or Cereal
Lunch (select one)
Egg Roll with Rice & Edamame
Deep Dish Pizza

Breakfast
Honey Bun or Cereal
Lunch (select one)
Hamburger
Grilled Cheese

Breakfast
Mini Pancakes or Cereal
Lunch (select one)
Turkey & Gravy
Corn Dog
Salad Shaker

Breakfast
Oatmeal Bar or Cereal
Lunch (select one)
Chicken Poppers
Bean & Cheese Burrito

Breakfast
Breakfast on a Stick
or Cereal
Lunch (select one)
Sliders
Teriyaki Noodle Bowl

Breakfast
Muffin or Cereal
Lunch (select one)
Fish Sandwich or Treasures
French Bread Pizza

Breakfast
Mini Waffle or Cereal
Lunch (select one)
Calzone
Mini Tacos

Breakfast
French Toast Sticks or Cereal
Lunch (select one)
Hot Dog
Mini Ravioli
Salad Shaker

Breakfast
Nutri-Grain® Bar or Cereal
Lunch (select one)
Chicken Nuggets
Loaded Baked Potato

Breakfast
Pancakes or Cereal
Lunch (select one)
BBQ Quesadilla
Mini Corn Dogs

Breakfast
Muffin Top or Cereal
Lunch (select one)
Orange Chicken with Rice
Pepperoni Pizza

Breakfast
Uncrustable®
or Cereal
Lunch (select one)
Macaroni & Cheese
Chicken Patty Sandwich

Breakfast
French Toast or Cereal
Lunch (select one)
Popcorn Shrimp
Taco Salad
Salad Shaker

Breakfast
Cereal Bar or Cereal
Lunch (select one)
Boneless Wings
Pasta & Meatballs

Breakfast
Breakfast Wrap or Cereal
Lunch (select one)
Super Nachos
Teriyaki Chicken Sandwich

Breakfast
Muffin or Cereal
Lunch (select one)
Egg Roll with Rice & Edamame
Deep Dish Pizza

Breakfast
Honey Bun or Cereal
Lunch (select one)
Hamburger
Grilled Cheese

Breakfast
Mini Pancakes or Cereal
Lunch (select one)
Turkey & Gravy
Corn Dog
Salad Shaker

Breakfast
Oatmeal Bar or Cereal
Lunch (select one)
Chicken Poppers
Bean & Cheese Burrito

Breakfast
Breakfast on a Stick
or Cereal
Lunch (select one)
Sliders
Teriyaki Noodle Bowl

Breakfast
Muffin or Cereal
Lunch (select one)
Fish Sandwich or Treasures
French Bread Pizza

Softball varies from baseball in a number of ways, one being the length of the game. Baseball games are nine innings. Softball games are seven innings.



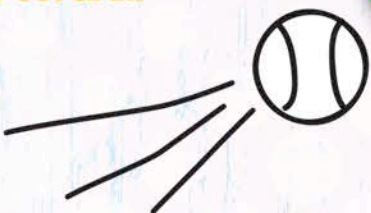
softball

Self-serve:
food bar/side dishes/juice
1% OR nonfat milk

Pb & Jelly Option offered daily

Sardella's Pizza served at
middle schools & jr highs

According to the International Softball Federation Web site, softball originated on Thanksgiving Day in 1887 in Chicago.



= item contains pork = item contains nuts = item is meatless

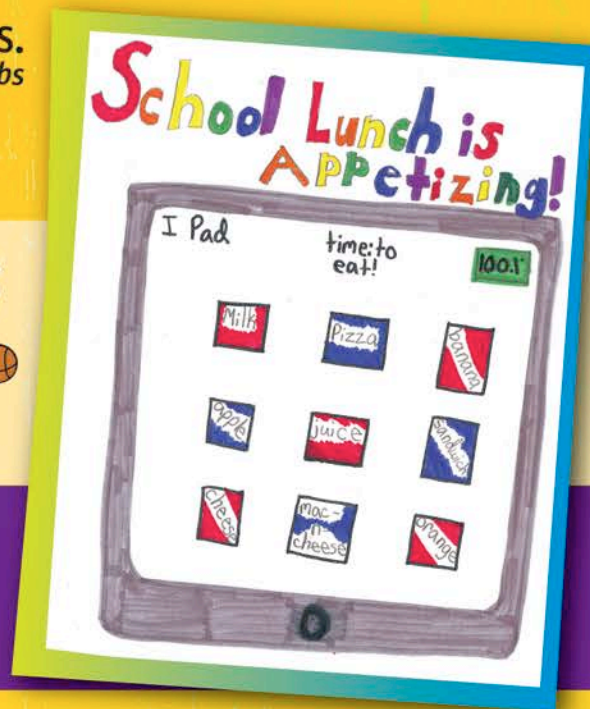
Knock, Knock.
Who's there?
Beets! Beets Who?

Beets me!

Emily S.
John Jacobs



May



Monday

Tuesday

Wednesday

Thursday

Friday

Self-serve:
food bar/side dishes/juice
1% OR nonfat milk

Pb & jelly option offered daily

Sardella's Pizza served at
middle schools & jr highs



When you
exercise, you're helping
build a strong body that will
be able to move around and
do all the stuff you need it
to do. Try to be active every
day, and your body will
thank you later!

Breakfast
Nutri-Grain® Bar or Cereal
Lunch (select one)
Chicken Nuggets
Loaded Baked Potato

5

2

Breakfast
Pancakes or Cereal
Lunch (select one)
BBQ Quesadilla
Mini Corn Dogs

6

3

Breakfast
Muffin Top or Cereal
Lunch (select one)
Orange Chicken with Rice
Pepperoni Pizza

7

4

Breakfast
Uncrustable®
or Cereal
Lunch (select one)
Macaroni & Cheese
Chicken Patty Sandwich

8

5

Breakfast
French Toast or Cereal
Lunch (select one)
Popcorn Shrimp
Taco Salad
Salad Shaker

9

6

Breakfast
Cereal Bar or Cereal
Lunch (select one)
Boneless Wings
Pasta & Meatballs

12

1

Breakfast
Breakfast Wrap or Cereal
Lunch (select one)
Super Nachos
Teriyaki Chicken Sandwich

13

2

Breakfast
Muffin or Cereal
Lunch (select one)
Egg Roll with Rice & Edamame
Deep Dish Pizza

14

3

Breakfast
Honey Bun or Cereal
Lunch (select one)
Hamburger
Grilled Cheese

15

4

Breakfast
Mini Pancakes or Cereal
Lunch (select one)
Turkey & Gravy
Corn Dog
Salad Shaker

16

5

Breakfast
Oatmeal Bar or Cereal
Lunch (select one)
Chicken Poppers
Bean & Cheese Burrito

19

6

Breakfast
Breakfast on a Stick
or Cereal
Lunch (select one)
Sliders
Teriyaki Noodle Bowl

20

1

Breakfast
Muffin or Cereal
Lunch (select one)
Fish Sandwich or Treasures
French Bread Pizza

21

2

Breakfast
Mini Waffle or Cereal
Lunch (select one)
Calzone
Mini Tacos

22

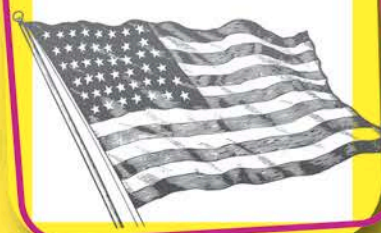
3

Breakfast
French Toast Sticks or Cereal
Lunch (select one)
Hot Dog
Mini Ravioli
Salad Shaker

23

4

MEMORIAL DAY



26

Breakfast
School's Choice or Cereal
Lunch (select one)
Chicken Nuggets
School's Choice

27

5

Breakfast
School's Choice or Cereal
Lunch (select one)
Pepperoni Pizza
School's Choice

28

6

Call 602-896-5235
for meal sites and serving times.

=item contains pork =item contains nuts =item is meatless

FREE
MEET UP and EAT UP!
COME EAT LUNCH WITH YOUR FRIENDS THIS SUMMER



Eat Right,
Find a Site!

EAT HEALTHY EVERY DAY!



4650 W. Sweetwater Ave., Glendale, AZ 85304
602-347-2600 • wesdschools.org

Governing Board: Chris Maza, President • Aaron Jahneke, Vice President
Bill Adams, Member • Clorinda Graziano, Member • Tee Lambert, Member
Dr. Susan J. Cook, Superintendent



tennis



swimming



soccer



hiking



volleyball



basketball



weight lifting



skiing



boxing

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability.

To file a complaint on discrimination, write to USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Ave., SW, Washington, D.C., 20250-9410 or call (202) 720-5964. USDA is an equal opportunity provider and employer.