






*Cafeteria menu for -*  
**LUNCH**

**PHOENIX UNION HIGH SCHOOL DISTRICT #210**

*Food Services Division*

**November 2014**

***Eat Healthy***

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>3</div> <div>Shredded Beef Burrito Enchilada Style &amp; Salsa Pinto Beans Lettuce Chilled Pineapple</div>	<div>4</div> <div>Ziti with Meat Sauce Romaine Garden Salad Steamed Broccoli Garlic Bread Stick Chilled Peaches</div>	<div>5</div> <div>Honey Lemon Chicken Vegetable Egg Roll Buttered Carrots Spinach &amp; Cranberry Salad Fresh Fruit</div>	<div>6</div> <div>Meatball Pocket in Italian Herb Pita Pocket Corn Garden Salad Applesauce</div>	<div>7</div> <div>Buffalo Sweet Chile Chicken Bowl with Broccoli on Stir Fried Noodles Applesauce</div>
<div>10</div> <div>Chicken Enchiladas Pinto Beans Salsa Lettuce &amp; Tomato Fresh Fruit</div>	<div>11</div> <div></div>	<div>12</div> <div>Spaghetti W/Meat Sauce Spinach, Tomato &amp; Cucumber Salad Garlic Bread Stick Chilled Peaches</div>	<div>13</div> <div>Oven Roasted Chicken Mashed Potatoes &amp; Gravy Buttered Carrots Whole Grain Roll Chilled Pears</div>	<div>14</div> <div>Turkey Bacon Wrap on W/G Tortilla Sweet Potato Waffle Fries Steamed Broccoli Fresh Fruit</div>
<div>17</div> <div>Chicken Fajitas on Whole Grain Tortilla Lettuce, Tomato, Salsa Refried Beans Fresh Fruit</div>	<div>18</div> <div>Cheese Ravioli Spinach &amp; Cranberry Salad Garlic Bread Stick Chilled Fruit Cup</div>	<div>19</div> <div>Corn Dog Sweet Potato Fries Ranch Beans Apple Slices</div>	<div>20</div> <div>Roast Turkey Dinner Mashed Potatoes / Dressing Green Beans / Cranberry Sce W/G Dinner Roll Pumpkin Squares</div>	<div>21</div> <div>BBQ Turkey Sandwich on Whole Grain Bun Seasoned Fries Corn Fresh Fruit</div>
<div>24</div> <div>Bean &amp; Cheese Burrito Enchilada Style Salad w/Tomato &amp; Cucumber Chilled Pears</div>	<div>25</div> <div></div>	<div>26</div> <div></div>	<div>27</div> <div></div>	
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**STUDENT LUNCH CHOICES**

ANY ONE OF THE ENTREES LISTED BELOW

**PLUS VEGETABLE, FRUIT, AND 1% LOW-FAT MILK**

Hamburger (278 cal) Fruit/Yogurt Bowl (524 Cal) Cheeseburger (312 cal)  
 Deli Sandwich (422 Cal) Chicken Sandwich (330 Cal) Burrito (334 Cal)  
 Chef Salad (449 Cal) Pizza (350 Cal)

Breakfast is offered to each  
 student at no charge every  
 morning.



**Check your school for  
 serving times.**

Student Lunch.....	\$1.50
Student Salad OR Deli Bar.....	\$1.50
Student Reduced Lunch ( Includes Milk ).....	\$0.00
Adult Lunch Special.....	\$3.50
Adult Salad Bar ( Beverage not included ).....	\$3.75

*\* All other items served A la Carte*

This menu is subject to change.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

16-Oct-14