

# August



## Breakfast

Every meal includes choice of entrée, fruit, 100% fruit juice and choice of local non-fat or 1% white milk.

Join us for breakfast in the cafeteria before school!

We offer a variety of choices daily including our popular chocolate chip oatmeal bar and hardboiled egg along with monthly features.

For more information visit [DVUSD.org/nutrition](http://DVUSD.org/nutrition).

Breakfast- Paid: \$1.50 Reduced: \$0.30 Adult: \$2.00

### Yummy August Features:

- Strawberry Smoothie & Fruit-Grain Bar
- Turkey-Ham, Egg & Cheese Sandwich

## Lunch Menu

### LUNCH PRICES

Paid: \$2.80

Reduced: \$0.40

Adult: \$3.75

Every day, students may choose:

- From 4 entrees
- A side of fruit and/or vegetable
- Local Non-fat & 1% white milk or non-fat chocolate milk
- Self-serve fruit & vegetable bar available daily with every meal.

### Daily Features:

- Grab-n-Go Box 🍴: Yogurt, Cheese Stick, Muffin, Apple Slices & Carroteenies
- 1/2 Turkey-Ham & Cheese Sandwich & Fresh Salad
- 2 Cheese Quesadillas 🍴 with salsa

### CHOW (Choice of the Week)

Option available for grades 7 & 8:

Aug 7: All Beef Hot Dog

Aug 12: Hot Meatball Sandwich

Aug 19: Cheeseburger

Aug 26: Spicy Chicken Sandwich

### Monday



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**12** Mini Turkey Corn Dogs  
Oven-Baked  
Sweet Potato Fries  
Assorted Fruit

**19** Crispy or Spicy  
Chicken Sandwich  
Sunshine Carrots  
Assorted Fruit

**26** Beef Cheeseburger  
Seasoned Potato Wedges  
Assorted Fruit

### Tuesday

🐷 = Pork

🍴 = Vegetarian

★ = New!

**13** Teriyaki Beef Dippers  
"Fried" Rice  
Steamed Broccoli  
Assorted Fruit

**20** Spaghetti Bolognese  
With Garlic Knot  
Steamed Italian Vegetables  
Assorted Fruit

**27** ★ Mozzarella Pinwheel 🍴  
With Marinara Cup  
Fresh Broccoli Spears  
Assorted Fruit

### Wednesday

**7** Chicken Nuggets  
With Grahams  
Local Baby Carrots  
Local Watermelon

**14** Chicken Sausage Patty  
Cinnamon Pancakes 🍴  
Baked Hash Brown Rounds  
Local Cantaloupe

**21** Chicken Tenders  
With Corn Muffin  
BBQ Spiced Chick Peas  
Local Watermelon

**28** Popcorn Chicken  
Peach-Filled Biscuit  
Cheesy Green Beans  
Local Cantaloupe

### Thursday

**8** Beef Soft Tacos  
Cowboy Caviar  
Assorted Fruit

**15** Crunchy Chicken Tacos  
Refried Beans  
Fresh Fruit

**22** Bean-Cheese Tostada 🍴  
With Taco Meat  
Street Corn  
Fresh Fruit  
Berry-Filled Churro

**29** Chicken Nachos ★  
Seasoned Ranch Beans  
Frozen Fruit Funday

### Friday

**9** Oven Fresh Pizza 🍴  
Local Romaine Salad  
Fresh Apple Slices

**16** Oven Fresh Pizza 🍴  
Local Cucumber Slices  
Fresh Kiwis

**22** Oven Fresh Pizza 🍴  
Local Spinach Salad  
Fresh Apple Slices

**30** Oven Fresh Pizza 🍴  
Local Carrot Sticks  
Fresh Kiwis

### Free and Reduced Price Meal Assistance Applications

Students who participated in the Meal Assistance program last school year are eligible for the same benefits for first 30 days of this school year only. **New applications are required for all students each year and are due by September 18, 2019.** All students must re-apply prior to this date to continue to receive benefits if they are eligible. If no re-application is received by September 18, 2019 your **student(s) will pay the full meal price starting September 19, 2019** until an application is received.

Applications for free and reduced priced meals are available to all enrolled students in DVUSD for the 2019-2020 school year. An application is distributed to all students in the first week of school and can also be found at the following locations:

- The DVUSD web site at [DVUSD.org/Nutrition](http://DVUSD.org/Nutrition)
- Online at [www.EZmealapp.com](http://www.EZmealapp.com)
- Your school's main office and cafeteria
- The Food & Nutrition office, located at 21421 N. 21<sup>st</sup> Ave, Phoenix, AZ 85027

Paper applications can be mailed or dropped off at the Food & Nutrition office or can be hand delivered to the **school cafeteria directly** (in a sealed envelope with the students name written on it). Returning them to classroom teachers may delay processing. Online applications are submitted directly to the Food & Nutrition Department and do not require a paper application.

All students who qualify for the free and reduced priced meals are eligible for **both breakfast AND lunch** for free or at a reduced price during the entire school year. If you have any questions regarding the application please call 623-445-5166.

Menu Subject to Change Menu items are low-fat, reduced sodium and whole-grain rich. Whole-grain rich = at least 50% whole grain. This includes bread, pasta, tortillas, crackers, muffins, pizza and breaded items.

*This institution is an equal opportunity provider*