



Tucson International Academy Menu

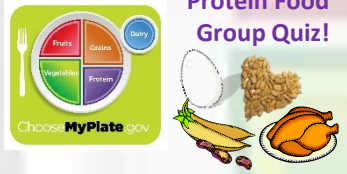
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Monday	Tuesday	Wednesday	Thursday	Friday
<p>March 2</p> <p>Banana Bread Hard Boiled Egg</p>  <p>Mozzarella Sticks Baked, Whole grain Breaded Cheese-Filled Sticks for dipping in Marinara Sauce.</p> <p>Bean & Cheese Burrito Salsa</p>	<p>March 3</p> <p>Breakfast Burrito With Egg, Cheese, & Beef Chorizo Hard Boiled Egg</p> <p>Chicken Patty Sandwich</p> <p>Turkey* & Cheese Croissant Sandwich *made with dark meat turkey</p>	<p>March 4</p> <p>French Toast Sticks Breakfast lite Pork Sausage</p> <p>Hot Dog! Tasty turkey hot dog on a whole grain bun; Offered with Crackers</p> <p>Cheeseburger Sliders Delicious, Dynamic Duo of twin cheeseburgers on mini rolls.</p>	<p>March 5</p> <p>Buttermilk Pancakes Hard Boiled Egg</p> <p>Sweet & Sour Chicken Tender Chicken Strips in traditional sweet & sour glaze, offered with Fried Rice</p> <p>Grilled Cheese Sandwich (or a substitute "T.B.A.")</p>	<p>March 6</p> <p>Orange Blossom Scone Hard Boiled Egg</p> <p>Nacho Grande</p> <p>Corn Dog Tasty Chicken hot dog Baked in whole grain Batter</p>
<p>March 9</p> <p>Strawberry Pancakes Hard Boiled Egg</p> <p>Tamale Cheese & Green Chili Filling; offered with salsa</p> <p>Chili Cheese Dog Tasty Chicken hot dog topped with beef chili & cheese on a whole grain bun</p>	<p>March 10</p> <p>Breakfast Burrito With Egg, Cheese, & Beef Chorizo Hard Boiled Egg</p> <p>Pork Little Smokies Offered with Mac 'n Cheese</p> <p>Cheesy Pull-Apart Bread Fluffy bread rolls stuffed with cheese; pull 'em apart and dip in Marinara Sauce</p>	<p>March 11</p> <p>Pancake Sandwich With egg & cheese (sausage is available on the side to add to sandwich as desired) Breakfast lite Pork Sausage</p> <p>Chicken Nuggets Offered with Crackers</p> <p>Bean & Cheese Burrito Offered with Salsa</p>	<p>March 12</p> <p>Confetti Fun Mini Pancakes Hard Boiled Egg</p> <p>Baked Chicken Corn Muffin</p> <p>Corn Dog Tasty Chicken Hot dog baked in whole grain batter</p>	<p>March 13</p> <p>Ultimate Breakfast Round</p> <p>Turkey & Cheese Sub Sandwich</p> <p>Protein Pack Hard Boiled Egg, Sunflower Seeds, Baby Carrots, & Crackers</p>  <p>Spring Break: March 16 to 20</p>
<p>March 23</p> <p>Banana Pancakes String Cheese</p> <p>Chicken Nuggets Popcorn Style, Baked Chicken Nuggets offered with Crackers</p> <p>Bean & Cheese Burrito Salsa</p>	<p>March 24</p> <p>Mini French Toast String Cheese</p> <p>Pasta & Italian Meat Sauce</p> <p>Double Cheese Quesadilla Salsa</p>	<p>March 25</p> <p>Pancake Sandwich With egg & cheese (sausage is available on the side to add to sandwich as desired) Breakfast lite Pork Sausage</p> <p>Enchiladas In Cheddar Cheese enchiladas baked in Green Chili Sauce</p> <p>Chili Cheese Dog Tasty Chicken hot dog topped with beef chili & cheese on a whole grain bun</p>	<p>March 26</p> <p>Breakfast Burrito String Cheese</p> <p>Cheeseburger Or Hamburger</p> <p>Cheesy Pull-Apart Bread Fluffy bread rolls stuffed with cheese; pull 'em apart and dip in Marinara sauce!</p>	<p>March 27</p> <p>Lemon Scone String Cheese</p> <p>Nacho Grande</p> <p>Corn Dog Tasty chicken hot dog in whole grain batter</p>
<p>March 30</p> <p>Strawberry Pancake Bowl String Cheese</p> <p>Super Pretzel & Cheddar Cheese Sauce</p> <p>Cheeseburger Sliders Twin cheeseburgers on mini rolls</p>	<p>March 31</p> <p>Cinnamon Crumb Loaf String Cheese</p> <p>Chicken Patty Sandwich</p> <p>Turkey* & Cheese Croissant Sandwich *made with dark meat turkey</p>	<p>April 1</p> <p>French Toast Sticks Breakfast lite Pork Sausage</p> <p>Roast Turkey & Gravy Offered with Garlic Roll</p> <p>Bean & Cheese Burrito Salsa</p>	<p>April 2</p> <p>Breakfast Burrito With egg, cheese, & beef chorizo String Cheese</p> <p>Noodles & Meatballs Home-style Beef Meatballs in tasty Brown Gravy with Egg Noodles</p> <p>Grilled Cheese Sandwich</p>	<p>April 3</p> <p>Blueberry Muffin Loaf String Cheese</p> <p>Nacho Grande</p> <p>Hot Dog! Tasty turkey hot dog; Offered with crackers</p>

Tucson International Academy Menu

March 2020

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>April 6</p> <p>Banana Pancakes String Cheese</p>  <p>Mexican Flatbread Cheese & Refried Beans top hearty flatbread, garnished with tomato* & lettuce*; Salsa offered. *pending season</p> <p>Cheesy Pull-Aparts Fluffy bread rolls stuffed with cheese; pull 'em apart and dip in Marinara sauce!</p>	<p>April 7</p> <p>Mini French Toast String Cheese</p> <p>Buffalo Chicken Drumstick Offered with Cheddar Mac 'n Cheese</p> <p>Bean & Cheese Burrito Salsa</p>	<p>April 8</p> <p>Pancake Sandwich With egg & cheese (sausage is available on the side to add to sandwich as desired) Breakfast lite Pork Sausage</p> <p>Cheeseburger Or Hamburger</p> <p>Chili Cheese Dog Tasty Chicken hot dog topped with beef chili & cheese on a whole grain bun</p>	<p>April 9</p> <p>Breakfast Burrito With egg, cheese, & beef chorizo String Cheese</p> <p>Baked Chicken Corn Muffin</p> <p>Tamale Cheese & Green Chili; offered with salsa</p>	<p>April 10</p> <p><i>Spring Holiday</i></p> 
<p>March is National Nutrition Month®</p> <p>Protein Food Group Quiz!</p>  <p>1. Most Americans get enough Protein in their diets. True or False?</p> <p>2. All people need the same amount of Protein foods. True or False?</p>	<p>3. Which food group are beans and peas counted in? Protein Group / Vegetable Group / Both / Neither</p> <p>4. Which of these Protein foods also provide calcium like Dairy foods do? Peas / Sardines / Chicken</p> <p>5. Eat Seafood as a protein food at least twice a week. True or False?</p> <p>6. Eggs are a Dairy Group food. True or False?</p>	<p>~~ Answers ~~</p> <p>1. TRUE – Most Americans eat plenty of protein but could add more variety in those choices including leaner meats, seafood, and plant based proteins (beans, peas, & seeds).</p> <p>2. FALSE – the amount of protein people need varies by several factors including age and physical activity level. The recommended amount varies by 5 to 7 ounces a day.</p>	<p>3. BOTH- Beans and peas are counted as proteins and vegetables because they contain nutrients common to both food groups: Protein (Protein, Iron, & Zinc); Vegetable (Fiber, Potassium, & Folate). Because of this high nutrient content everyone should enjoy often!</p> <p>4. SARDINES – Eating canned fish with bones like sardines and anchovies provides calcium. The bones in these fish are very soft so they can be eaten.</p> 	<p>5. TRUE – Enjoy seafood often and include a variety that offers 'good' fats, for example, salmon, trout, and herring.</p> <p>6. FALSE – while you may find eggs in the grocery store "Dairy Section," eggs are in the MyPlate Protein Section! A medium egg provides 6 to 7 grams of protein!</p> <p><i>Find out more about the Protein Group – and Grains, Fruits, Vegetables, & Dairy - at www.choosemyplate.gov</i></p> 

Make Payments for your student's meals, please visit the Tucson International Academy Web Site: www.tucsoninternationalacademy.com

- ❖ Students must select at least a Half Cup of Fruit or Vegetable with all meals.
- ❖ Milk Choices include Low Fat (1%), Fat Free (Skim), and Fat Free Chocolate.
- ❖ Portions may be adjusted for different grade levels based on the USDA Meal Pattern.
- ❖ Adults may easily set up an Advance Pay Account for their own meals and food purchase but may not use their child's account due to Federal program Rules & Guidelines.

Menu is Subject to Change

- ❖ **Breakfast** Includes Milk, Fruit & 100% Juice, and a daily Protein choice. Additional Daily Breakfast Entrées include Bagel & Cream Cheese (or Jam) and Whole Grain Cereal with a String Cheese (or other proteins as available, for instance, yogurt or hard boiled egg).
- ❖ **Lunch** Includes Fruit, Veggies, & Milk daily;

Additional Daily Lunch Entrées
-Crispy Chicken Salad & Veggie Salad
-Pizza (with or without **Beef** Pepperoni - Sunflower Butter* & Jelly Sandwich (**Sun-Butter" is peanut & tree nut free)

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National Nutrition Month®
Is a nutrition education campaign by the Academy of Nutrition and Dietetics
www.eatright.org

TUSD Food Service Department
Our Goal is to Provide Healthy Meals for Tomorrow's Decision Makers.
www.tusd1.org/Departments/FoodServices