Super Snack Menu

October 2022

Monday	Tuesday	Wednesday	Thursday	Friday
Oct. 3	**Oct. 4**	**Oct. 5**	**Oct. 6**	**Oct. 7**
Hummus Meal Kit with: Hummus Wheat Crackers 100% Vegetable Juice, Raisins Milk	Cheddar Cheese Cubes Goldfish Pretzels 100% Vegetable Juice Fruit Mix Milk	Amazing Chocolate Chick-Pea Spread, Sting Cheese Vanilla Crackers Baby Carrots, Ranch Dip Apple Juice Milk	Fruit Yogurt Honey Roasted Sunflower Seeds 100% Vegetable Juice Milk	**Butterball Turkey Stick Meal Kit with:** Turkey Stick, Sunflower Seeds Mini Graham Crackers 100% Vegetable Juice, Applesauce Milk
Oct. 10	**Oct. 11**	**Oct. 12**	**Oct. 13**	**Oct. 14**
Fall Break-	Fall Break-	Fall Break-	Fall Break-	Fall Break-
Oct. 17	**Oct. 18**	**Oct. 19**	**Oct. 20**	**Oct. 21**
Hummus Meal Kit with: Hummus Wheat Crackers 100% Vegetable Juice, Raisins Milk	Cheddar Cheese Cubes Goldfish Pretzels 100% Vegetable Juice Fruit Mix Milk	Amazing Chocolate Chick-Pea Spread, Sting Cheese Vanilla Crackers Baby Carrots, Ranch Dip Apple Juice Milk	Fruit Yogurt Honey Roasted Sunflower Seeds 100% Vegetable Juice Milk	**Chips & Dips Meal Kit with:** Cheese Spread & Salsa Dip Whole Wheat Crackers Sunflower seeds Apple Juice Milk
Oct. 24	**Oct. 25**	**Oct. 26**	**Oct. 27**	**Oct. 28**
Chips & Dips Meal Kit with: Cheese Spread & Salsa Dip Whole Wheat Crackers Sunflower seeds Apple Juice Milk	Fruit Yogurt Honey Roasted Sunflower Seeds Wheat Crackers 100% Vegetable Juice Craisins Milk	Original Amazing Chick-Pea Spread String Cheese Vanilla Crackers Baby Carrots, Ranch Dip Apple Juice Milk	Colby or Cheddar Cheese Cubes Veggie Crisp Crackers 100% Vegetable Juice Watermelon Applesauce Milk	**Chocolate No-Nut Butter Meal Kit:** With Chocolate No-Nut Butter Sunflower Seeds Strawberry Crackers 100% Vegetable Juice, Applesauce Milk
Oct. 31	**Nov. 1**	**Nov. 2**	**Nov. 3**	**Nov. 4**
Chips & Dips Meal Kit with: Cheese Spread & Salsa Dip Whole Wheat Crackers Sunflower seeds Apple Juice Milk	Fruit Yogurt Honey Roasted Sunflower Seeds Wheat Crackers 100% Vegetable Juice Craisins Milk	Original Amazing Chick-Pea Spread String Cheese Vanilla Crackers Baby Carrots, Ranch Dip Apple Juice Milk	Colby or Cheddar Cheese Cubes Veggie Crisp Crackers 100% Vegetable Juice Watermelon Applesauce Milk	**Butterball Turkey Stick Meal Kit with:** Turkey Stick, Sunflower Seeds Mini Graham Crackers 100% Vegetable Juice, Applesauce Milk

Super Snack Menu "CACFP"

All entrees are prepared by TUSD Food Services (HM "Home-made" and/or Have Child Nutrition Labels (CN) and/or Product Formulation Statements (PFS). CN Labels and PFS are available.

Whole Milk is served to children 12 to 23 months. Children 24 months and older are served low fat or fat free milk.
At Middle & High Schools, Fat Free Chocolate Milk is available.

Water is available.

All menu items are whole grain rich (WGR).

All juices, if served, are 100% juice.
Craisins are dried cranberries.
Fruit mix –peaches, pears, seedless grapes.

Charro Beans are seasoned black beans.
Fried Rice includes brown rice, green peas (or peas & carrots), and minced onion.

MENU IS SUBJECT TO CHANGE. PLEASE VISIT OUR TUSD FOOD SERVICES DEPARTMENT WEBSITE.
MORE QUESTIONS? PLEASE CALL: 520-225-4700

This institution is an equal opportunity provider.

TUCSON UNIFIED SCHOOL DISTRICT

Food Services