

Monday, 2/1	Tuesday, 2/2	Wednesday, 2/3	Thursday, 2/4	Friday, 2/5
Hot Dog w/ Potato Salad Or Nacho Chips w/ Bean Dip Fruit	Pizza of the Day Or Chicken Salad w/ Fruit and Corn Muffin	Meat Loaf w/ Zucchini/Corn Dinner Roll Or Fruit Salad Plate w/ Muffin & Cheese Cubes	Chicken Fajitas Or Expanded Salad Bar	Fish Fillet w/ Potato Wedges Or Sub Sandwich
Monday, 2/8	Tuesday, 2/9	Wednesday, 2/10	Thursday, 2/11	Friday, 2/12
Meatballs in Mushroom Sauce Rice Or Spinach Salad w/ Cheese & Wheat Crackers	Ravioli Italian Green Beans Or Ham & Cheese Sandwich	Early Release No Lunch Served	Baked Chicken w/ Scalloped Potatoes Or Expanded Salad Bar	Staff Work Day— No Students
Monday, 2/15	Tuesday, 2/16	Wednesday, 2/17	Thursday, 2/18	Friday, 2/19
President's Day! Hooray!	Chicken Pot Pie Or Taco Salad	Grilled Cheese w/ Vegetable Soup Or Fruit Salad Plate w/ Muffin and String Cheese	Veggie Lasagne Or Expanded Salad Bar	Beef Stew w/ Dinner Roll Or Egg Salad Sandwich
Monday, 2/22	Tuesday, 2/23	Wednesday, 2/24	Thursday, 2/25	Friday, 2/26
Hamburger w/ All the Trimmings Or Cottage Cheese/Fruit & Muffin Plate	Enchilada Casserole w/ Black Beans Or Spinach/Fruit Salad w/ Breadstick	Baked Potato Bar Or Turkey Sub	Chicken & Veggie Rice Bowl Or Expanded Salad Bar	Red Chile Stew & Cornbread Or Tuna Salad Sandwich
			Child Nutrition Programs are available to all without regard to race, color, national origin, sex, age or disability.	The USDA is an equal opportunity provider and employer.

The kitchen staff welcomes your comments on our meals. Parents have an open invitation to drop by and see what we are serving our kids. If you would like to speak with the SRHS kitchen manager, please call Roxann Grey at 480-362-2077. If you would like to speak with the ECEC/SRES kitchen manager, please call Joni Andreas at 480-362-2242.




Menu is subject to change without notice.

Your sense of smell affects the taste of food. Your tongue sorts out 5 basic flavors in foods.

1. **Sweet**--babies prefer sweet tastes. Milk and baby formulas are high in natural sugars. People take pleasure in eating sweet foods. How much sweet flavor you like is very different from one person to the next.
2. **Salt**---once used as a major preservative for foods, salt is widely used in cooking. Most Americans eat 2 or 3x as much salt as their bodies require for normal functioning. Salt is the cheapest spice to add for flavor in fast foods, restaurants, and prepared food items.
3. **Sour**--- this taste detects acidity in foods and seems to be an acquired taste. Repeated use of "sour" items may cause an appreciation of strong, strange tastes and odors in foods. Sour is the common flavor in aged cheeses, lemons, grapes, some melons, and pickles.
4. **Bitter**---our most sensitive taste---flavors are considered sharp, unpleasant, disagreeable. Many poisons have a bitter taste, so people shy away from bitter flavors naturally---common in olives, citrus peel, bad coffee, unsweetened chocolate, and some leafy greens.
5. **Umami**---the newest identified flavor---a savory, rich, earthy flavor found in meats, mushrooms, soy and worchestershire sauces.

Appreciate your tongue and nose---together, they can help keep you from eating unsafe items!

Served daily from **7:15-7:40 a.m.**

Monday, 2/1	Tuesday, 2/2	Wednesday, 2/3	Thursday, 2/4	Friday, 2/5
Cottage Cheese Special K Bar Strawberries	Yogurt Cup Granola Mix Ins Orange Juice	Mini Sandwich Melon	Cheese Squares Wheat Crackers Apple Juice	WW SuperPretzel Cheese Slice Orange Wedges
Monday, 2/8	Tuesday, 2/9	Wednesday, 2/10	Thursday, 2/11	Friday, 2/12
Wheaties Nutrigrain Bar Orange-Pineapple Jc.	Egg Salad Wheat Roll Banana	Bagel w/ Cream Cheese Grape Juice	Yogurt Cup Pretzels Fruit In Season	Staff Work Day— No Students
Monday, 2/15	Tuesday, 2/16	Wednesday, 2/17	Thursday, 2/18	Friday, 2/19
PRESIDENTS DAY	Stuffed Super Pretzel Orange Juice	Corn Flakes String Cheese Raisins	Cheese Square Blueberry Muffin Kiwi	Mini Sandwich Mixed Fruit Juice
Monday, 2/22	Tuesday, 2/23	Wednesday, 2/24	Thursday, 2/25	Friday, 2/26
Yogurt Cup Rice Krispies Raisins	WW Pretzel w/ Ham Slice Grapes	Breakfast Bar String Cheese Apple Juice	Bagel w/ Peanut Butter Applesauce	Hard Boiled Egg Fruit Muffin Orange Juice
	Arizona Statehood- Feb. 14, 1912!! 		The USDA is an equal opportunity provider and employer. Menu is subject to change without notice.	Child Nutrition Programs are available to all without regard to race, color, national origin, sex, age or disability.

Breakfasts are bagged for “grab and go” service this year due to the earlier start time. A variety of milk will be available and students may choose their favorites at each meal. Students will be required to scan their ID card or enter their ID number on a pinpad for meal accounting purposes.

**Do you remember your first taste of vanilla pudding? Did you smack your lips together and smile?
That's SWEET!**

Do you remember your first dill pickle or the time you chewed on the lemon in your tea? Did you wrinkle your nose and pucker your lips? That's SOUR!

Do you crave crunchy snacks like chips? Do your lips get chapped if you eat too many? That's SALT!

Do you remember your first taste of cocoa powder or biting into an unpeeled orange? Did you purse your lips and scrunch your eyes or pull your head backward? That's BITTER!

**Do you remember your first pot roast or the meat gravy that seemed so velvety and rich? Do you like the taste of soy sauce with Chinese food? That's UMAMI! Umami is the newest flavor profile and it is unique.
Watch facial expressions when giving kids new foods—it's a tip off to accepting new things.**

