

Served the week of:	MONDAY Red/Orange	TUESDAY Red/Orange & Other	WEDNESDAY Beans	THURSDAY Dark Green	FRIDAY Starchy & R/O
08/15/22 09/19/22 10/24/22 12/05/22 01/30/23 03/06/23 04/17/23 05/22/23	Xtreme Burrito Corndog Baby Carrots Garden Salad Fruit Juice Fresh Fruit	Red Chile Bean & Cheese Burrito Chalupa Celery & Jicama Sticks Baby Carrots Fresh Fruit Fruit Cup	Cheeseburger Entrée Salad Lettuce & Pickle Cup Cucumber Slices Baked Beans Fruit Juice Fruit Cup	French Bread Pizza Pizza Pocket Garden Salad Broccoli Fresh Fruit Fruit Cup	Chicken Sandwich Cheesy Breadsticks Lettuce & Pickle Cup Gold Rush Vegetable Juice Seasoned Corn Fresh Fruit Fruit Cup
08/22/22 09/26/22 10/31/22 12/12/22 02/06/23 03/13/23 04/24/23 05/29/23	French Bread Pizza Entrée Salad Garden Salad Baby Carrots Fruit Juice Fresh Fruit	Cheeseburger Sliders Grilled Cheese Sandwich Lettuce & Pickle Cup Celery & Jicama Sticks Baby Carrots Fresh Fruit Fruit Cup	Taco Nada Deep Dish Pizza Cucumber Slices Baked Beans Fruit Juice Fruit Cup	Rib patty Sandwich Orange Chicken Bowl Asian Vegetable Blend Broccoli Fresh Fruit Fruit Cup	Chicken Sandwich Chili Cheese Dog Gold Rush Vegetable Juice Seasoned Corn Lettuce & Pickle Cup Fresh Fruit Fruit Cup
08/29/22 10/03/22 11/07/22 01/09/23 02/13/23 03/27/23 005/01/23 06/05/23	Chicken Sandwich Hamburger Garden Salad Lettuce & Pickle Cup Baby Carrots Fruit Cup Fruit Juice Fresh Fruit	Garlic Cheese Toast Entrée Salad Celery & Jicama Sticks Baby Carrots Fresh Fruit Fruit Cup	Cheeseburger Taco Nada Lettuce & Pickle Cup Cucumber Slices Baked Beans Fruit Juice Fruit Cup	Roast Turkey Sandwich Cheese French Bread Pizza Garden Salad Broccoli Fresh Fruit Fruit Cup	Fiesta Stuffed Sandwich Cheesy Breadsticks Gold Rush Vegetable Juice Seasoned Corn Fresh Fruit Fruit Cup
09/05/22 10/10/22 11/14/22 01/16/23 02/20/23 04/03/23 05/08/23 06/12/23	Corndog Xtreme Burrito Garden Salad Baby Carrots Fruit Juice Fresh Fruit	Red Chile Bean & Cheese Burrito Cheeseburger Sliders Lettuce & Pickle Cup Celery & Jicama Sticks Baby Carrots Fresh Fruit Fruit Cup	Taco Nada Entrée Salad Cucumber Slices Baked Beans Fruit Juice Fruit Cup	BBQ Teriyaki Chicken Bowl with Brown Rice Pizza Pocket Asian Vegetable Blend Broccoli Fresh Fruit Fruit Cup	Chicken Sandwich Chili Cheese Dog Gold Rush Vegetable Juice Lettuce & Pickle Cup Seasoned Corn Fresh Fruit Fruit Cup
09/12/22 10/17/22 11/28/22 01/23/23 02/27/23 04/10/23 05/15/23	Chicken Sandwich French Bread Pizza Baby Carrots Lettuce & Pickle Cup Fruit Juice Fresh Fruit	Grilled Cheese Sandwich Entrée Salad Celery & Jicama Sticks Baby Carrots Fresh Fruit Fruit Cup	Pizza Pocket Taco Nada Cucumber Slices Baked Beans Fruit Juice Fruit Cup	Roast Turkey Sandwich Rib Patty Sandwich Lettuce & Pickle Cup Garden Salad Broccoli Fresh Fruit Fruit Cup Cookie	Classic Cheeseburger Chili Cheese Dog Gold Rush Vegetable Juice Seasoned Corn Fresh Fruit Fruit Cup

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

- **mail:**
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

email: program.intake@usda.gov

This institution is an equal opportunity provider.

Food Services is happy to welcome students back for the 2022-2023 school year! All meals are provided to students at NO-CHARGE. Our menus reflect guidelines as much as preference and taste! Food Services offers Students two entrée choices each day to select from in addition to their daily side items. Our menus bring the best of whole grains, lean proteins and those important fruits and vegetables that help students learn and grow. Please visit our website for more information at avfood.org.

MENU IS SUBJECT TO CHANGE
HELUS Lunch Menu

