



OCTOBER 2023



MENU

Additional Entree Choices

Monthly Entree Choice

Bean & Cheese Burrito

Grab & Go:

- Crispy Chicken Salad with croutons & fruit



CHOW OPTION

Grades 7 & 8 only

- 10/2: Spicy Chicken Sandwich
- 10/9: BBQ Rib Sandwich
- 10/16: Meatball Sub
- 10/23: Cheeseburger
- 10/30: Italian Sub

Fresh Sides

Fresh baby carrots and garden side salads are offered daily in addition to the featured daily vegetable

Monday

2 **Breakfast for Lunch**
French Toast Sticks
Sausage Links
Cheesy Potato Bake
Fresh Stone Fruit

LEVEL UP WITH SCHOOL LUNCH
Fall Break Day

16 **Breakfast for Lunch**
Confetti Pancakes
Sausage Links
Veggie Slush
Fresh Grapes

23
Chicken Nuggets
Potato Smiles
Peach Cup
Hugs Not Drugs Grahams

30 **Breakfast for Lunch**
Chocolate Chip Waffle
Sausage Links
Potato Wedges
Fresh Cantaloupe

Tuesday

3
Beef & Bean Chili
Cornbread
Fresh Cucumber Slices
Assorted Fresh Fruit

10 **START**
Chicken & Waffles
Cheesy Green Beans
Assorted Fresh Fruit
National School Lunch Week

17
Beef Tot-chos
Ranchero Beans
Pretzel Fish Crackers
Applesauce Cup

24
Beef Taco Stick
Bean Dip
Salsa Cup
Diced Mango Cup

31
Beef & Cheese Tostada
Apple Churro
Refried Beans
Frozen Fruit Cup

Wednesday

4
Pepperoni Personal Pan Pizza
Steamed Broccoli
Manager's Choice
Fruit

11 **LUCKY TRAY DAY**
Pepperoni Personal Pan Pizza
Romaine Salad
Fresh Melon Slices

18
Pepperoni Personal Pan Pizza
Fresh Carrot Sticks
Assorted Fresh Fruit

25
Pepperoni Personal Pan Pizza
Romaine Salad
Assorted Fresh Fruit

Thursday

5
BBQ Chicken Drumstick
White Rice
Pinto Beans
Fresh Strawberries

12 **Half Day**
Ham, Cheese & Crackers
Fresh Baby Carrots
Applesauce Cup

19
Spaghetti & Meatsauce
Dinner Roll
Romaine Salad
Assorted Fruit

26
Orange Chicken
Brown Rice
California Blend Vegetables
Pineapple Chunks

Friday

6 Triple Cheese
Spiral Macaroni
Steamed Sunshine Carrots
Fresh Grapes
Farmer's Market Educational Snack

13 **Half Day**
BBQ Chicken Jerky
Sunflower Seeds
Cheez-its
Raisins
Veggie Juice

20
Chicken Sandwich, Crispy or Spicy
Ranch Mashed Potatoes
Mixed Fruit Cup

27
Cheeseburger
Carrot Sticks & Red Pepper Strips in Ranch Dip
Fresh Grapes

Breakfast

in the Classroom

Daily Offers:

M: Oatmeal
Choc. Chip Bar

T: Bagel & Cream Cheese

W: Banana Muffin & String Cheese

Th: Glazed Donut Bites

F: Grilled Bacon & Cheese Sandwich

Available Daily:
Cold Cereal w/ Cheese Stick or Grahams

Meals also include fruit, juice & milk



National School Lunch Week
is October 10-13

The National School Lunch Program was established and signed into law by President Harry S. Truman in 1946. President John F. Kennedy created National School Lunch Week in 1962 to promote the importance of a healthy school lunch in a child's life and the impact it has inside and outside of the classroom.



Local fat-free and 1% white or non-fat chocolate milk available daily

New Pork Vegetarian

This institution is an equal opportunity provider. Menu subject to Change. DVUSD Food & Nutrition Staff is proud to serve meals to your students.

