

September



A la Carte Snacks at Lunch & Meal Charge Information

A list of a la carte options is available on the Food & Nutrition website. Please visit DVUSD.org/Nutrition to see a list of available items, their cost, and to find out more about making changes to your student's account in regards to snacks at lunch. If you wish to place a la carte or meal restrictions on your child's account, please contact your kitchen manager. You may view your student's account activity with an account at www.EZSchoolPay.com. For more information on paying for school meals please visit DVUSD.org/Nutrition.

Lunch Menu

LUNCH PRICES

Paid: \$2.80

Reduced: \$0.40

Adult: \$3.75

Every day, students may choose:

- From 4 entrees
- A side of fruit and/or vegetable
- Local Non-fat & 1% white milk or non-fat chocolate milk
- Self-serve fruit & vegetable bar available daily with every meal.

Daily Features:

- Grab-n-Go Box 🍴: Yogurt, Cheese Stick, Muffin, Apple Slices & Carroteenies
- Grilled Chicken Salad & Grahams
- Grilled Cheese Sandwich 🍴

CHOW (Choice of the Week)

Option available for grades 7 & 8:

Sept 3: All Beef Hot Dog

Sept 9: Meatball Sub Sandwich

Sept 16: Cheeseburger

Sept 23: Spicy Chicken Sandwich

Monday

🍖=Pork
🌿=Vegetarian
★=New!

9 Deluxe Cheeseburger
Seasoned Potato Wedges
Assorted Fruit

16 BBQ Pork Sandwich 🍖
Campfire Beans
Assorted Fruit

23 Macaroni & Cheese 🌿
With Garlic Knot
Steamed Italian Vegetables
Assorted Fruit

Tuesday

3 Pork Chop 🍖
With Dinner Roll
Loaded Mashed Potatoes ★
Assorted Fruit

10 Cheese Ravioli
& Marinara Sauce 🌿
With Garlic Toast
Steamed Green Beans
Assorted Fruit

17 Teriyaki Chicken
With Asian Noodles ★
Local Steamed Broccoli
Assorted Fruit

24 ★Cheese-Filled Pretzel 🍴
Buttered Corn
Assorted Fruit

Wednesday

4 French Toast Sticks 🌿
Chicken Sausage Patty
Local Baby Carrots
Local Watermelon

11 All ☆ Football Day
Chicken All Stars ★
With All Star Grahams ★
Baked Beans
Frozen Fruit Funday

18 Crispy Fish Strips
With Tartar Sauce
Cheesy Crackers
Local Celery Sticks
Local Watermelon

25 Chicken & Waffles
Mashed Sweet Potato
Local Cantaloupe

Thursday

5 Beef Taco Salad
Zesty Black Beans ★
Fresh Fruit

12 Chicken Soft Tacos
Local Carrot Sticks
Fresh Fruit

19 Beef Nachos
Street Corn
Fresh Fruit

26 Beef & Bean Salsa Burrito ★
Seasoned Ranch Beans
Fresh Fruit

Friday

6 Oven Fresh Pizza 🍴
Local Romaine Salad
Fresh Strawberries

13 Oven Fresh Pizza 🍴
Local Spinach Salad
Fresh Kiwis

20 Oven Fresh Pizza 🍴
Local Carrot Sticks
Fresh Strawberries

27 Oven Fresh Pizza 🍴
Local Romaine Salad
Fresh Kiwis

Breakfast Before the Bell

Feel rushed in the morning? Do your students have time to eat breakfast? Let us feed them a nutritious breakfast before the bell.

- ◆ Kids who eat school breakfast score 17.5% higher on math test scores.
- ◆ Eating breakfast reduces absenteeism and tardiness.
- ◆ Every breakfast includes choice of entrée, fruit, 100% fruit juice and choice of local non-fat or 1% white milk.

Join us for breakfast in the cafeteria before school!

We offer a variety of choices daily including our popular Warm honey bun and hardboiled egg along with yummy monthly features. For more information visit DVUSD.org/nutrition.

Paid \$1.50

Reduced \$0.30

Adult \$2.00

Yummy September Features:

- Strawberry Sunshine Smoothie with Fruit & Grain Bar
- Bacon, Egg & Cheese Flatbread

Free and Reduced Price Meal Assistance Applications Due September 18th!

All students must submit a meal application for the current school year by **September 18, 2019** to retain benefits. Students who do not have an approved application on file **will pay the full meal price starting September 19, 2019** until an application is received. Please refer to the August menu for more information on how to submit an application. For questions call 623-445-5166.

Menu Subject to Change. Menu items are low-fat, reduced sodium and whole-grain rich. Whole grain rich means at least 50% whole grain. This includes bread, pasta, tortillas, crackers, muffins, pizza and breaded items).

This institution is an equal opportunity provider