

# OCTOBER 2021



## FREE MEALS

ALL meals are free to every DVUSD student for the 2021-2022 school year!

### Daily Choices

- Grab & Go: Turkey, Cheese, & Muffin (sweet potato chocolate chip) Snack Box
- Toasted Cheese Sandwich

### CHOW 7-8

(Choice of the Week will be phased in and subject to change)

- 10/1: BBQ Rib Sandwich
- 10/4: Cheeseburger
- 10/11: Chili Cheese Dog
- 10/18: Spicy Chicken Sandwich
- 10/25: Kielbasa

This institution is an equal opportunity provider

Menu subject to change. Due to current supply chain challenges we are experiencing a higher amount of shortages and substitutions.

Be sure to join us October 13-15 to celebrate National School Lunch Week with some of our most-loved entrees!

For more information please visit [www.dvUSD.org/nutrition](http://www.dvUSD.org/nutrition)

**4** 4-Cheese Cavatappi Pasta  
Dinner Roll  
Sunshine Carrots  
Fresh Fruit

**5** Personal Pan Cheese Pizza  
Tossed Salad  
Fresh Apple Slices

**6** Baked Chicken Tenders w/ Graham Crackers  
Mixed Veggies  
Peaches

**7** Confetti Pancakes w/ Sausage Links  
Crispy Hash  
Browns  
Applesauce

*BREAKFAST FOR LUNCH!*

**1** BBQ Rib Sandwich  
Baked Beans  
Assorted Fresh Fruit

**8** Cheeseburger Sliders  
Ranch Beans  
Apricots

**11** No School- Fall Break!  
**NATIONAL SCHOOL LUNCH WEEK!**

**12** No School- Fall Break!

**13** Chicken Nuggets & Waffles  
Green Beans  
Fresh Apple Slices

**14** Beef Taquito w/ Bean Dip & Salsa  
Frozen Fruit Cup

**15** Chili Cheese Dog  
Seasoned French Fries  
Applesauce  
*\*Brookie Treat\**

**18** Cheesy Breadsticks w/ Marinara  
Green Peas  
Peaches

**19** Personal Pan Cheese Pizza  
Tossed Salad  
Fresh Apple Slices

**20** Baked Popcorn  
Chicken w/ Graham Crackers  
Baked Beans  
Fresh Grapes

**21** Italian Sandwich  
Fresh Baby Carrots  
Apple Juice  
**(1/2 day)**

*BREAKFAST FOR LUNCH!*

**22** BBQ Chicken Bite Kit  
**(1/2 day)**

**25** Chicken Egg Roll w/ Sweet & Sour Sauce & String Cheese  
Fried Rice  
Garbanzo Beans  
Fresh Oranges

**26** Personal Pan Cheese Pizza  
Tossed Salad  
Fresh Apple Slices

**27** Chicken Parmesan  
Garlic Toast  
Green Beans  
Peaches

**28** Pancake Sausage Stick  
Grahams & String Cheese  
Sweet Potato Tots  
Applesauce

**29** Pork Chop w/ Dinner Roll  
Mashed Potatoes w/ Gravy  
Frozen Fruit Cup



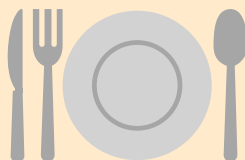
### Breakfast

Daily breakfast options include:  
Dutch Waffle, Oatmeal Bar, Cinnamon Crumble, Strawberry Cheerios Bar w/ Cheese, Super Donuts, Yogurt & Nutri-Grain Bar, & Cereal



### Milk

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



Fresh salad and carrots offered as additional vegetables daily

\*BIC schools will rotate daily breakfast options

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