

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.

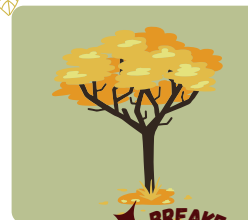
Be sure to join us October 13-15 to celebrate National School Lunch Week with some of our most-loved entrees!

For more information please visit www.dvUSD.org/nutrition

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



1 BBQ Rib Sandwich
Baked Beans
Assorted Fresh Fruit

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)

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



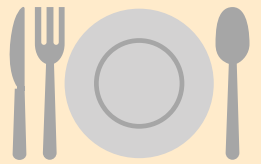
Breakfast

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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