

September 2023

K-8 Lunch & Breakfast Menu



Monday

Tuesday

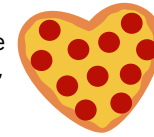
Wednesday

Thursday

Friday

CELEBRATE NATIONAL PEPPERONI PIZZA DAY!

DVUSD pizza is rich in whole grains, providing our students with fiber to keep them full and focused. School pizza is among the top four sources of calcium, protein and fiber in diets of those under 18. One slice of DVUSD pizza, has less than 350 calories, a whole grain crust, calcium, potassium, protein and fiber, and is served with fruits, vegetables and low-fat milk for a healthy balanced lunch.



Breakfast



An assortment of site-based favorites are offered daily, including cereal, oatmeal choc. chip bars, bagel w/ cream cheese, plus our monthly feature.

- Bacon, Egg, & Cheese Flatbread

Meals also include assorted fruit, juice & milk

Additional Entree Choices

Monthly Entrée NEW

Turkey Italian Wrap

Grab & Go:

- Elementary:** Yogurt, String Cheese, Blueberry Muffin, Fruit, and Vegetable
- Middle School:** Chef Salad with Blueberry Muffin

CHOW OPTIONS

Grades 7 & 8 only

- 8/28 - BBQ Rib Sandwich
- 9/4 - Meatball Sub
- 9/11 - Cheeseburger
- 9/18 - Italian Sub
- 9/25 - Kielbasa



11 Chicken Nuggets
Potato Smiles
Fruit Cocktail
Food & Nutrition Educational Snacks

18 **Breakfast for Lunch**
Chocolate Chip Waffle
Sausage Links
Garbanzo Bean Salad
Mixed Fruit Cocktail



5 **Cheesy Beef** NEW
Tot-chos
Texas Toast
Ranchero Beans
Applesauce Cup

12 Beef Taquito
Bean Dip
Salsa Cup
Peach Applesauce Cup

19 Beef Soft Tacos
Street Corn
Applesauce Cup

26 Chicken Tenders
Pretzel GoldFish
Fresh Steamed Baby Carrots
Chilled Peaches

6 Personal Pan Cheese Pizza
Fresh Carrot Sticks
Pineapple Chunks

13 Personal Pan Cheese Pizza
Romaine Salad
Fresh Apple Slices

20 **National Pepperoni Pizza Day!**
Stuffed Crust
Turkey Pepperoni Pizza
Romaine Salad
Assorted Fresh Fruit

27 Personal Pan Cheese Pizza
Romaine Salad
Fresh Orange Wedges

7 **Spaghetti & Turkey** NEW
Meatballs
Dinner Roll
Romaine Salad
Fresh Grapes

14 Orange Chicken
Brown Rice
California Blend Vegetables
Assorted Fresh Fruit

21 Macaroni & Cheese
Chocolate Grahams
Roasted Cauliflower
Fresh Melon

28 **Turkey Meatballs** NEW
in Gravy
Mash Potatoes
Texas Toast
Fresh Watermelon

1 Pulled Pork Sandwich
Seasoned Fries
Frozen Fruit Cup

8 Crispy or Spicy Chicken Sandwich
Fresh Cucumber Slices
Fresh Apple Slices

15 Cheeseburger
Carrot Sticks & Red Pepper Strips
in Ranch Dip
Frozen Fruit Slush

National States & Capitals Day
Popcorn Chicken
Seasoned Sweet Potato Fries
Fresh Grapes
States & Capitals Educational Snack

29 Beef Hot Dog
Fresh Veggies in Ranch Dip
Frozen Fruit Slush

FRESH SIDES



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

MILK



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

MEAL PRICES

Breakfast:

\$1.50 paid, \$.00 reduced

Lunch:

\$2.95 paid, \$.00 reduced

NEW 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.

