

# October 2018 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Corn Dog Tater Barrels Broccoli Mandarin Oranges Side Salad (7 <sup>th</sup> -12 <sup>th</sup> ) Juice (7 <sup>th</sup> -12 <sup>th</sup> ) <b>Milk</b>	2 Salisbury Steak w/Gravy Mashed Potatoes Green Beans Apple Choc Chip Muffin Side Salad (7 <sup>th</sup> -12 <sup>th</sup> ) Juice (7 <sup>th</sup> -12 <sup>th</sup> ) <b>Milk</b>	3 Taco in a Bag Refried Beans Cheese, Lettuce, Salsa Pineapple Juice (7 <sup>th</sup> -12 <sup>th</sup> ) <b>Milk</b>	4 BBQ Rib Sandwich Tater Barrels Celery Broccoli Pears Side Salad (7 <sup>th</sup> -12 <sup>th</sup> ) Juice (7 <sup>th</sup> -12 <sup>th</sup> ) <b>Milk</b>	5 Ham Wrap w/Cheese Sweet Pot Barrels Green Beans Fruit Side Salad (7 <sup>th</sup> -12 <sup>th</sup> ) Juice (7 <sup>th</sup> -12 <sup>th</sup> ) <b>Milk</b>
8 Hot Dog on Bun R/F Doritos Pork n Beans Celery Fruit Side Salad (7 <sup>th</sup> -12 <sup>th</sup> ) Juice (7 <sup>th</sup> -12 <sup>th</sup> ) <b>Milk</b>	9 Pasta Bake w/Cheese Garlic Stix Broccoli Applesauce Side Salad (7 <sup>th</sup> -12 <sup>th</sup> ) Juice (7 <sup>th</sup> -12 <sup>th</sup> ) <b>Milk</b>	10 Country Fried Steak w/Gravy Mashed Pot Peas Peach Cobbler Side Salad (7 <sup>th</sup> -12 <sup>th</sup> ) Juice (7 <sup>th</sup> -12 <sup>th</sup> ) <b>Milk</b>	11 Sausage Breakfast Pizza Peaches Grape Tomatoes WG Choc Chip Cookie Side Salad (7-12) Veggie Juice Milk	12 Turkey and Noodles WG Roll Broccoli Fruit Side Salad (7 <sup>th</sup> -12 <sup>th</sup> ) Juice (7 <sup>th</sup> -12 <sup>th</sup> ) <b>Milk</b>
15 Sloppy Joes Broccoli Peaches Tater Barrels Side Salad (7 <sup>th</sup> -12 <sup>th</sup> ) Juice (7 <sup>th</sup> -12 <sup>th</sup> ) <b>Milk</b>	16 Chicken Nuggets Mashed Potatoes Green Beans Mandarin Oranges Side Salad (7 <sup>th</sup> -12 <sup>th</sup> ) Juice (7 <sup>th</sup> -12 <sup>th</sup> ) <b>Milk</b>	17 Bosco Sticks W/Marinara Pears Carrots Granola Bar Side Salad (7 <sup>th</sup> -12 <sup>th</sup> ) Juice (7 <sup>th</sup> -12 <sup>th</sup> ) <b>Milk</b>	18 Chicken Fajita Wraps Salsa Corn Refried Beans Applesauce Side Salad (7 <sup>th</sup> -12 <sup>th</sup> ) Juice (7 <sup>th</sup> -12 <sup>th</sup> ) <b>Milk</b>	19 Cod Fish Sandwich Potato Barrels Carrots Cheese slice, pickle, onion Fruit Side Salad (7 <sup>th</sup> -12 <sup>th</sup> ) Juice (7 <sup>th</sup> -12 <sup>th</sup> ) <b>Milk</b>
22 Spaghetti w/Meatballs Garlic Stix Mandarin Oranges Granola Bar Salad Juice (7 <sup>th</sup> -12 <sup>th</sup> ) <b>Milk</b>	23 Cheeseburger Potato Barrels Pork and beans Carrots Apple Side Salad (7 <sup>th</sup> -12 <sup>th</sup> ) Juice (7 <sup>th</sup> -12 <sup>th</sup> ) <b>Milk</b>	24 PB&J Uncrustable Pineapple Green beans Celery Side Salad (7 <sup>th</sup> -12 <sup>th</sup> ) Juice (7 <sup>th</sup> -12 <sup>th</sup> ) Milk	25 BBQ Chicken Sandwich Pickle, Onion Corn Applesauce Side Salad (7 <sup>th</sup> -12 <sup>th</sup> ) Juice (7 <sup>th</sup> -12 <sup>th</sup> ) Milk	26 Stuffed Crust Pepperoni Pizza Broccoli Grape Tomatoes Fruit Side Salad (7 <sup>th</sup> -12 <sup>th</sup> ) Juice (7 <sup>th</sup> -12 <sup>th</sup> ) Milk
29 Corn Dog Tater Barrels Broccoli Mandarin Oranges Side Salad (7 <sup>th</sup> -12 <sup>th</sup> ) Juice (7 <sup>th</sup> -12 <sup>th</sup> ) <b>Milk</b>	30 Salisbury Steak w/Gravy Mashed Potatoes Green Beans Apple Choc Chip Muffin Side Salad (7 <sup>th</sup> -12 <sup>th</sup> ) Juice (7 <sup>th</sup> -12 <sup>th</sup> ) <b>Milk</b>	31 Taco in a Bag Refried Beans Cheese, Lettuce, Salsa Pineapple Juice (7 <sup>th</sup> -12 <sup>th</sup> ) <b>Milk</b>	<b>*Choice of low fat white or fat-free chocolate served daily.</b>	

Offer Vs. Serve Students must take at least ½ cup fruit or vegetable and two additional components of their choice to make a complete tray. Students may decline any other component. The 5 Components are: Milk, Grain, Meat/Meat Alternate, Fruits, and Vegetables. Daily choices of low-fat white or fat-free chocolate milk.

**2017-2018 DUCS Lunch Costs:**

Student Tray = Free

Additional Entrée Item = \$2.35

Side Salad Purchase (7-12 grade only) \$1.50

Additional Tray Side = \$0.75

Additional Milk or Juice = \$0.60

Teacher/Staff/Adult Tray = \$3.50

Extra Salad Dressing Packet= \$1.00