

# ELEMENTARY LUNCH (ECE-8) MENU

OCTOBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>ALTERNATE LUNCH ENTREE CHOICES:</b>				
<b>Turkey &amp; Cheese Munchable</b> <b>PB &amp; J Sandwich</b> <b>Toasted Cheese Sandwich</b>	<b>Yogurt Basket</b> <b>PB &amp; J Sandwich</b> <b>Ham &amp; Cheese Sandwich</b>	<b>Turkey &amp; Cheese Munchable</b> <b>PB &amp; J Sandwich</b> <b>Toasted Cheese Sandwich</b>	<b>Yogurt Basket</b> <b>PB &amp; J Sandwich</b> <b>Ham &amp; Cheese Sandwich</b>	<b>Turkey &amp; Cheese Munchable</b> <b>PB &amp; J Sandwich</b> <b>Toasted Cheese Sandwich</b>
1	2	3	4	5
<b>Beef Nachos</b> <b>Cheese Nachos</b> Southwest Beans Baby Carrots	<b>Breaded Chicken Drumstick w/ Dinner Roll</b> <b>Hummus Bowl</b> Broccoli Mashed Potatoes	<b>Hot Ham &amp; Cheese</b> <b>Cheesy Breadsticks w/ Marinara</b> Cherry Tomatoes Italian Green Beans	<b>All Beef Hot Dog</b> <b>Mediterranean Sandwich</b> Sweet Potato Tots Cucumber/Tomato Salad	<b>Lasagna</b> <b>Spinach Lasagna</b> <b>Garlic Bread</b> Spinach Salad Baby Carrots
8	9	10	11	12
<b>Chicken Nuggets w/ Dinner Roll</b> <b>Charro Beans &amp; Rice w/ Tortilla</b> Coleslaw Potato Strips	<b>Turkey Alá King</b> <b>Broccoli Cheese Baked Potato</b> <b>Dinner Roll</b> Baby Carrots Sweet Peas	<b>Beef Tacos</b> <b>Veggie Tacos</b> <b>Spanish Rice</b> Spicy Corn Salad Cucumber/Tomato Salad	<b>Chicken Alfredo</b> <b>Pasta Alfredo</b> <b>Garlic Bread</b> Garden Greens Cherry Tomatoes	<b>Cheese Pizza</b> <b>Pepperoni Pizza</b> Spinach Salad Fiesta Bean Salad
15	16	17	18	19
<b>Chicken Sandwich</b> <b>Falafel w/ Flatbread</b> Black Beans Coleslaw	<b>Mac &amp; Cheese</b> <b>Garlic Bread</b> Sweet Peas Cucumber/Tomato Salad	<b>Haystacks</b> <b>Garden Chili w/ Tortilla</b> Baby Carrots Spicy Corn Salad	<b>Pepperoni Stromboli</b> <b>Veggie Stromboli</b> Garden Greens Italian Green Beans	<b>19DPS CONFERENCE DAY</b>  <b>Cheeseburger</b> <b>Salsa Black Bean Burger</b> Sweet Potato Tots Broccoli
22	23	24	25	26
<b>22 DPS PLANNING DAY</b>  <b>Beef Nachos</b> <b>Cheese Nachos</b> Southwest Beans Celery Sticks	<b>23 DPS PLANNING DAY</b>  <b>Breaded Chicken Drumstick w/ Dinner Roll</b> <b>Hummus Bowl</b> Broccoli Mashed Potatoes	<b>Hot Ham &amp; Cheese</b> <b>Cheesy Breadsticks w/ Marinara</b> Cherry Tomatoes Italian Green Beans	<b>All Beef Hot Dog</b> <b>Mediterranean Sandwich</b> Sweet Potato Tots Cucumber/Tomato Salad	<b>Meat Lasagna</b> <b>Spinach Lasagna</b> <b>Garlic Bread</b> Spinach Salad Baby Carrots
29	30	31	<b>SALAD BAR:</b>  An unlimited variety of fresh, frozen, and canned fruits and vegetables are offered daily. Local varieties used when available.	
<b>Chicken Nuggets w/ Dinner Roll</b> <b>Charrol Beans &amp; Rice w/ Tortilla</b> Coleslaw Potato Strips	<b>Turkey Alá King</b> <b>Broccoli Cheese Baked Potato</b> <b>Dinner Roll</b> Baby Carrots Sweet Peas	<b>Beef Tacos</b> <b>Veggie Tacos</b> <b>Spanish Rice</b> Spicy Corn Salad Cucumber/Tomato Salad	<b>MILK CHOICES:</b>  Water and a variety of milk products are available at each meal: - Fat Free White - 1% White - Fat Free Strawberry - Fat Free Chocolate	

## MENU INFORMATION



Scratch Made



Vegetarian



Whole Grain



Contains Pork

For more information, please visit: [foodservices.dpsk12.org](http://foodservices.dpsk12.org)

\* Please note, menus are subject to change. This institution is an equal opportunity provider.