Dickenson County Public Schools



OCTOBER Elementary Lunch Menu Farm to School- Local Grown October 2-6 Serving local apples this week National School Lunch Week 9-13



Daily Choice of: Speciality Entrée or Deli Sandwich

Peanut Butter & Jelly Sandwich or Chef Salad or Yogurt Box 3 Choices of 1/2 Cup Canned Fruit, **Dried Fruit** Or I Fresh Fruit Offered Daily

*******MUST Choose one Fruit OR one Vegetable

Daily Choice of: FF flavored, unflavored Milk or 1% Unflavored Milk

Adult Lunch \$3.10 Lunch Entrée: \$1.60

Students eat at no cost







USDA is an Equal Opportunity Provider

=55	National School Editch week 9-13				CIFCOMIA.	
	Mon	Tue	Wed	Thu	Fri	
	Cheeseburger/Bun or Stuff Crust Pizza Let,Onion,Pickles Baked Fries Dark green Salad Carrots w/Dip Fruit Choice Milk	Taco Tuesday w/ cheese / Tortilla or Cheese Stix Salad cup Refried Beans Corn Fruit Choice Milk	4 Grilled Cheese Sandwich or Pizza Wedge Dark Green Salad Broccoli Salad Baby Carrots w/Dip Fruit Choice Milk	5 Pork Barbie Dog or Corndogs Broccoli Dark Green Salad Cole Slaw Fruit Choice Milk	6 WORLD Smile day Chicken Nuggets W/Roll or PBJ Dark Green Salad Smily potatos Green Beans Fruit Choice Milk / Smile Cookie	
_	9 Special Chicken Philly/Bun or Round Pizza Garden Salad Corn Fruit Choice Milk	10 Signature Hot Dog on Bun or Cheese Stix Garden Salad Oven Fries Cole Slaw Fruit Choice Milk	11 Chef Cuisine Spaghetti with Breadstick or Corndog Garden Salad Peas Fruit choice Milk	Down Home Popcorn Chicken And Waffles or Chicken Biscuit Sweet Potato tots Garden Salad Fruit Choice Milk	13 Made from Scratch Chicken Gravy w/Roll or Special Pizza Mashed Potatoes Carrots Garden Salad Fruit choice Milk	
_	16 Cheeseburger/Bun or Stuff Crust Pizza Let,Onion,Pickles Baked Fries Dark green Salad Carrots w/Dip Fruit Choice Milk	17 Taco Tuesday w/ meat/cheese / chips or Tortilla or Cheese Stix Salad cup Refried Beans Corn Fruit Choice Milk	18 Pork Barbie Dog or Corndogs Broccoli Dark Green Salad Cole Slaw Fruit Choice Milk	19 Grilled Cheese Sandwich or Pizza Wedge Dark Green Salad Broccoli Salad Baby Carrots w/Dip Fruit Choice Milk	20 Chicken Nuggets W/Roll or PBJ Dark Green Salad Mashed sweet potatoes Green Beans Fruit Choice Milk	
_	23 Chicken Philly/Bun or Round Pizza Dark Green Salad Corn Fruit Choice Milk	24 Hot Dog on Bun or Cheese Stix Dark Green Salad Oven Fries Cole Slaw Fruit Choice Milk	Spaghetti with Breadstick or Corndog Dark Green Salad Peas Fruit choice Milk	26 Popcorn Chicken And Waffles or Chicken Biscuit Sweet Potato tots Dark Green Salad Fruit Choice Milk	27 Chicken Gravy w/Roll Mashed Potatoes or Special Pizza Carrots Dark Green Salad Fruit choice Milk	
	30 Cheeseburger/ Bun or Stuff Crust Pizza Let,Onion,Pickles	31 Taco Tuesday w/meat/ cheese / Tortilla or Cheese Stix Salad cup Refried Beans				

Fruit Choice

Corn

Milk

Baked Fries

Carrots w/Dip

Fruit Choice

Dark green Salad