

# LUNCH (ECE - 8) MENU

October 2021



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>27 Sept  <b>Bean &amp; Cheese Burrito</b>  <b>Beef &amp; Cheese Burrito</b>  <b>Hot Ham Cheese on a bun Sandwich</b>                      Zucchini Sticks                      Honeydew</p>	<p>28 Sept  <b>Ham Chef Salad</b>  <b>Chicken Sandwich</b>  <b>Salsa Black Bean Burger</b>  <b>Vegetarian Chef Salad</b>                      Celery                      Curly Fries                      Red Grapes</p>	<p>29 Sept  <b>Korean BBQ Beef Bowl</b>  <b>Grilled Mediterranean Sandwich meal w/ Homemade Tzaiiki Sauce</b>  <b>Spicy Chicken Sandwich</b>                      Cherry Tomatoes                      Southwest Beans                      Apple</p>	<p>30 Sept  <b>Buffalo Chicken Salad</b>  <b>Cheesy Breadstick w/ Marinara</b>  <b>Lemon Chicken w/ Chile</b>  <b>Lemon Rice</b>                      Broccoli w/ Ranch                      Sweet Pepper Strips                      Cantaloupe</p>	<p>1  <b>Cheeseburger</b>  <b>Chorizo Mac &amp; Cheese</b>  <b>Mac &amp; Cheese</b>                      Baby Carrots                      Peas                      Peaches</p>
<p>4  <b>All Beef Hot Dog</b>  <b>Charro Beans and Rice</b>  <b>PB&amp;J or Wow Sandwich</b>                      Sweet Potato Tots                      Celery Sticks                      Orange                      Milk</p>	<p>5  <b>Sloppy Joe</b>  <b>Grilled Cheese</b>  <b>Yogurt Basket w/blueberry muffin</b>                      Curly Fries                      Coleslaw                      Blueberries                      Milk</p>	<p>6  <b>Mac &amp; Cheese</b>  <b>PB&amp;J or Wow Sandwich</b>                      Cherry Tomatoes                      Sweet Peas                      Apple                      Milk</p>	<p>7  <b>Cheesy Breadstick w/ Marinara</b>  <b>Yogurt Basket w/blueberry muffin</b>                      Pepper Strips                      Broccoli                      Peaches                      Milk</p>	<p>8  <b>BBQ Chicken w/ Roll</b>  <b>Vegetarian Salad</b>  <b>PB&amp;J or Wow Sandwich</b>                      Seasoned Black Beans                      Baby Carrots                      Pear                      Milk</p>
<p>11  <b>Beef Nachos</b>  <b>Cheese Nachos</b>  <b>PB&amp;J or Wow Sandwich</b>                      Refried Beans                      Calabacitas                      Apple                      Milk</p>	<p>12  <b>Chicken Nuggets</b>  <b>Broccoli Cheese Potato</b>  <b>Yogurt Basket w/blueberry muffin</b>                      Sweet Potato Tots                      Celery Sticks                      Strawberries                      Milk</p>	<p>13  <b>Cheeseburger</b>  <b>Grilled Cheese</b>  <b>PB&amp;J or Wow Sandwich</b>                      Curly Fries                      Baby Carrots                      Pear                      Milk</p>	<p>14  <b>Pepperoni Stromboli</b>  <b>Spinach Stromboli</b>  <b>Yogurt Basket w/blueberry muffin</b>                      Garden Salad                      Baby Carrots                      Peaches                      Milk</p>	<p>15  <b>Roasted Drumstick w/ Cornbread</b>  <b>Garden Chili w/ Cornbread</b>  <b>PB&amp;J or Wow Sandwich</b>                      Broccoli                      Baby Bakers                      Orange                      Milk</p>
<p>18  <b>Pancakes w/ Chicken Sausage</b>  <b>Pancakes w/ Eggs</b>  <b>PB&amp;J or Wow Sandwich</b>                      Baby Bakers                      Celery Sticks                      Orange                      Milk</p>	<p>19  <b>Beef Tacos</b>  <b>Charro Beans and Rice</b>  <b>Yogurt Basket w/blueberry muffin</b>                      Pepper Strips                      Spicy Corn                      Blueberries                      Milk</p>	<p>20  <b>Chicken Bowl</b>  <b>Yogurt Basket</b>  <b>PB&amp;J or Wow Sandwich</b>                      Cucumber Tomato Salad                      Broccoli                      Pear                      Milk</p>	<p>21  <b>Spaghetti w/ Meat Sauce</b>  <b>Spaghetti w/ Marinara Sauce</b>  <b>Yogurt Basket w/blueberry muffin</b>                      Baby Carrots                      Garden Salad                      Peaches                      Milk</p>	<p>22  <b>Chicken Quesadilla</b>  <b>Cheese Quesadilla</b>  <b>PB&amp;J or Wow Sandwich</b>                      Refried Beans                      Calabacitas                      Apple                      Milk</p>
<p>25  <b>All Beef Hot Dog</b>  <b>Charro Beans and Rice</b>  <b>PB&amp;J or Wow Sandwich</b>                      Sweet Potato Tots                      Celery Sticks                      Orange                      Milk</p>	<p>26  <b>Sloppy Joe</b>  <b>Grilled Cheese</b>  <b>Yogurt Basket w/blueberry muffin</b>                      Curly Fries                      Coleslaw                      Blueberries                      Milk</p>	<p>27  <b>Mac &amp; Cheese</b>  <b>PB&amp;J or Wow Sandwich</b>                      Cherry Tomatoes                      Sweet Peas                      Apple                      Milk</p>	<p>28  <b>Cheesy Breadstick w/ Marinara</b>  <b>Yogurt Basket w/blueberry muffin</b>                      Pepper Strips                      Broccoli                      Peaches                      Milk</p>	<p>29  <b>BBQ Chicken w/ Roll</b>  <b>Vegetarian Salad</b>  <b>PB&amp;J or Wow Sandwich</b>                      Seasoned Black Beans                      Baby Carrots                      Pear                      Milk</p>

## MENU INFORMATION

	Scratch Made		Vegetarian		Whole Grain		Contains Pork
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Milk options are available with all meals: 1% and non-fat

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.