

October 2024 Supper Menu



Monday	Tuesday	Wednesday	Thursday	Friday
30 Beef Hotdog Chick'n Nuggets V Corn Watermelon	Oct 1 Cheese Pizza V Seasoned Carrot Coins Whole Apple or Apple Slices	2 Tortellini Pasta Salad V Crinkle Cut Fries w/Ketchup Orange or Orange Wedges	3 BBQ Chicken Sandwich Caesar Side Salad Whole Apple or Apple Slices	4 Spaghetti with Beef Marinara or Plant-Based Crumble Marinara V Roasted Broccoli & Carrots Orange Wedges
7 Sunbutter & Jelly Sandwich VE Red Bell Pepper Strips w/Ranch Watermelon	8 Taco Quesadilla or Cheese Quesadilla V both with tortilla chips Sour Cream and Salsa Tomato, Corn, Cilantro Salad Orange or Orange Wedges	9 Hamburger Veggie Burger V Burger Toppings Crinkle Cut Fries Banana	10 No School	11 No School
14 No School	15 Turkey Tacos or Bean Tacos V w/ Salsa and Shredded Lettuce Mexican Black Beans Orange or Orange Wedges	16 Lasagna Rollup w/Twisted Breadstick V Mixed Garden Vegetables Banana	17 Cheesy Breadsticks w/Marinara sauce V Roasted Corn Whole Apple or Apple Slices	18 Turkey & Cheese Sandwich Sunbutter & Jelly Sandwich V Blue Ribbon Coleslaw Orange Wedges
21 Spaghetti w/ Turkey Bolognese or Plant Based Crumbles V Mixed Garden Vegetables Red Grapes or Applesauce (ECE)	22 Southwest Chicken Wrap or Vegan Southwest Wrap VE w/Mixed Greens and Olives Sweet Potato Wedges Apple Slices	23 Veggie Burger w/Toppings V Seasoned Carrot Coins Banana	24 Cheese Quesadilla w/sour Cream V Roasted Corn Orange Wedges	25 Cheesy Breadsticks w/Marinara V Cucumber Coins w/Ranch Whole Apple or Apple Slices
28 Chile Relleno Burrito V Roasted Summer Squash Whole Apple or Apple Slices	29 Grilled Cheese Sandwich V Roasted Broccoli Mixed Melon	30 Hamburger or Veggie Burger V Toppings Baked Beans Banana	31 Tortellini Pasta Salad V Tomato, Corn, Cilantro Salad Orange Wedges	Nov 1 Sunbutter & Jelly Sandwich VE Red Bell Peppers w/Ranch Apple Slices

Student's choice of skim or 1% hormone-free milk provided at every meal. All grains are whole grain rich. Vegetarian options (including milk and eggs) notated with **V**, Vegan options notated with **VE**.

Locally Sourced items noted in green. This menu is subject to change and based upon product availability.

For an interactive menu a nutrient information, please visit us on dcps.nutrislice.com

This Institution is an equal opportunity provider.