

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 PBJ Sandwich Fish Nuggets with Hushpuppies Cheesy French Bread Marinara Sauce Potato Wedges Steamed Green Beans Fruit Sorbet Fresh Pear
4 Chef Salad Sausage & Egg w/Biscuit & Gravy Chicken Quesadilla Potato Tots Baby Carrots Blueberries Fresh Banana	5 Munchable Hamburger Steak w/Gravy over Rice Mozzarella Cheese Sticks Marinara Sauce Potato Wedges Steamed Green Peas Mixed Fruit Cocktail Fresh Grapes	6 PBJ Sandwich Hot Dog Popcorn Chicken with Mac & Cheese Baked Beans Mashed Potatoes Peach Cup Fresh Apple	7 Deli Sandwich Baked Spaghetti with Garlic Breadstick Chicken Soft Taco Garden Salad Vegetable Medley Diced Pears Fresh Orange	8 PBJ Sandwich Pizza Slice Cheeseburger Meatloaf Sandwich Tomato Soup Steamed Broccoli w/Cheese Pineapple Tidbits Fresh Pear
11 Chef Salad Meatball Sub Mini Corndogs Steamed Green Peas Sweet Potato Casserole Baked Apples Fresh Banana	12 Munchable Chicken Tenders w/Roll Beef Teriyaki Nuggets w/Roll Broccoli Cheese Soup Tater Tots Mixed Berry Cup Fresh Grapes	13 PBJ Sandwich Roasted Turkey & Gravy w/Garlic Breadstick Cheese Stuffed Shells w/ Garlic Breadstick Garden Salad Glazed Carrots Fruit Sorbet Fresh Apple	14 Deli Sandwich Chicken Pie with Roll Brookwood BBQ Sandwich Mashed Potatoes Steamed Green Beans Sliced Peaches Fresh Orange	15 PBJ Sandwich Retro Pizza Beef Taco Steamed Corn Fiesta Black Beans Mixed Fruit Cocktail Fresh Pear
18 Chef Salad Homemade Lasagna w/Garlic Breadstick Rotisserie Chicken w/Garlic Breadstick Garden Salad Corn Sliced Peaches Fresh Banana	19 Munchable Chicken Filet Sandwich Nachos Supreme Refried Beans Tater Tots Strawberry Cup Fresh Grapes	20 PBJ Sandwich Chicken Nuggets w/Roll Rib B Que Sandwich Glazed Carrots Mashed Potatoes Applesauce Fresh Apple	21 Deli Sandwich Orange Chicken over Rice Cheeseburger Curly Fries Steamed Broccoli Mandarin Oranges Fresh Plums	22 PBJ Sandwich Retro Pizza Beef Taco Steamed Corn Fiesta Black Beans Mixed Fruit Cocktail Fresh Pear

Lunch Meal Prices

Reduced.....\$.40
 Paid.....\$3.00

A reimbursable lunch consists of 1 item from each of the 5 groups*:

- 1) Meat/Meat Alternate
- 2) Grain
- 3) Vegetable/Side
- 4) Fruit
- 5) Milk

Students may choose not to take 2 of the groups, however, they must take at least 3 of the 5 groups one must be a fruit or vegetable serving .

*Menu items are subject to change based off of product availability.

*Menus are subject to change based on availability of products. Main line menu items made with whole muscle chicken may also be made with turkey.

Free & Reduced Meal applications can be completed online at:

www.lunchapplication.com

Manage and monitor your student's account at:
www.k12paymentcenter.com
 *Independently run from the School Nutrition Program.

If your student has special dietary needs a 2018-19 Modified Diet Order Form must be completed.

ALLERGENS: Please be aware that Child Nutrition Services prepares our food in commercial kitchens, where cross-contact with food allergens is possible and where ingredient substitutions and recipe revisions are sometimes made. Additionally, manufacturers of commercial food products we order may change their product formulation or ingredient consistency at any time without notification. Actual ingredients and nutritional content may vary and we are not able to guarantee that any food item will be completely free of food allergens. If you have questions or any concerns regarding ingredients of a specific food or recipe, please reach out to the School Nutrition Office, at 336-242-5635.

Davidson County Schools is an equal opportunity employer and provider.

Valley/DCHS Lunch Menu

March 2019



25	26	27	28	29
Chef Salad Sausage & Egg w/Biscuit & Gravy Chicken Quesadilla Potato Tots Baby Carrots Blueberries Fresh Banana	Munchable Hamburger Steak w/Gravy over Rice Mozzarella Cheese Sticks Marinara Sauce Potato Wedges Steamed Green Peas Mixed Fruit Cocktail Fresh Grapes	PBJ Sandwich Hot Dog Popcorn Chicken with Mac & Cheese Baked Beans Mashed Potatoes Peach Cup Fresh Apple	Deli Sandwich Baked Spaghetti with Garlic Breadstick Chicken Soft Taco Garden Salad Vegetable Medley Diced Pears Fresh Orange	PBJ Sandwich Pizza Slice Cheeseburger Meatloaf Sandwich Tomato Soup Steamed Broccoli w/Cheese Pineapple Tidbits Fresh Pear

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