

# Valley/DCHS Lunch Menu

# April 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chef Salad <b>Meatball Sub</b> <b>Mini Corndogs</b> Steamed Green Peas Sweet Potato Casserole Baked Apples Fresh Banana	2 Munchable <b>Chicken Tenders w/Roll</b> <b>Beef Teriyaki Nuggets w/Roll</b> Broccoli Cheese Soup Tater Tots Mixed Berry Cup Fresh Grapes	3 PBJ Sandwich <b>Roasted Turkey &amp; Gravy w/Garlic Breadstick</b> <b>Cheese Stuffed Shells w/ Garlic Breadstick</b> Garden Salad Glazed Carrots Fruit Sorbet Fresh Apple	4 Deli Sandwich <b>Chicken Pie with Roll</b> <b>Brookwood BBQ Sandwich</b> Mashed Potatoes Steamed Green Beans Sliced Peaches Fresh Orange	5 PBJ Sandwich <b>Retro Pizza</b> <b>Beef Taco</b> Steamed Corn Fiesta Black Beans Mixed Fruit Cocktail Fresh Pear
8 Chef Salad <b>Homemade Lasagna w/Garlic Breadstick</b> <b>Rotisserie Chicken w/Garlic Breadstick</b> Garden Salad Corn Sliced Peaches Fresh Banana	9 Munchable <b>Chicken Filet Sandwich</b> <b>Nachos Supreme</b> Refried Beans Tater Tots Strawberry Cup Fresh Grapes	10 PBJ Sandwich <b>Chicken Nuggets w/Roll</b> <b>Rib B Que Sandwich</b> Glazed Carrots Mashed Potatoes Applesauce Fresh Apple	11 Deli Sandwich <b>Orange Chicken over Rice</b> <b>Cheeseburger</b> Curly Fries Steamed Broccoli Mandarin Oranges Fresh Plums	12 PBJ Sandwich <b>Fish Nuggets with Hushpuppies</b> <b>Cheesy French Bread</b> <b>Marinara Sauce</b> Potato Wedges Steamed Green Beans Fruit Sorbet Fresh Pear
15 Chef Salad <b>Sausage &amp; Egg w/Biscuit &amp; Gravy</b> <b>Chicken Quesadilla</b> Potato Tots Baby Carrots Blueberries Fresh Banana	16 Munchable <b>Hamburger Steak w/Gravy over Rice</b> <b>Mozzarella Cheese Sticks</b> Marinara Sauce Potato Wedges Steamed Green Peas Mixed Fruit Cocktail Fresh Grapes	17 PBJ Sandwich <b>Hot Dog</b> <b>Popcorn Chicken with Mac &amp; Cheese</b> Baked Beans Mashed Potatoes Peach Cup Fresh Apple	18 <b>Baked Spaghetti with Garlic Breadstick</b> <b>Turkey with Gravy, Stuffing and Roll</b> Garden Salad Sweet Potato Casserole Green Beans Cherry Cobbler	19 <i>Spring Break</i>
22 <i>Spring Break</i>	23 TBD	24 TBD	25 Deli Sandwich <b>Chicken Pie with Roll</b> <b>Brookwood BBQ Sandwich</b> Mashed Potatoes Steamed Green Beans Sliced Peaches Fresh Orange	26 PBJ Sandwich <b>Retro Pizza</b> <b>Beef Taco</b> 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.

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Free & Reduced Meal applications can be completed online at:

[www.lunchapplication.com](http://www.lunchapplication.com)

Manage and monitor your student's account at:  
[www.k12paymentcenter.com](http://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.

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29	30			
Chef Salad <b>Homemade Lasagna                  w/Garlic Breadstick                  Rotisserie Chicken                  w/Garlic Breadstick</b> Garden Salad Corn Sliced Peaches Fresh Banana	Munchable <b>Chicken Filet Sandwich                  Nachos Supreme</b> Refried Beans Tater Tots Strawberry Cup Fresh Grapes			

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