

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|--|
| | <p>1</p> | <p>2</p> <p>PBJ Sandwich Hot Dog Popcorn Chicken with Mac & Cheese Baked Beans Tater Tots Peach Cup</p> | <p>3</p> <p>Deli Sandwich Baked Spaghetti w/Garlic Breadstick Chicken Soft Taco Vegetable Medley Diced Pears</p> | <p>4</p> <p>PBJ Sandwich Pizza Slice Cheeseburger Meatloaf Sandwich Tomato Soup Steamed Broccoli w/Cheese Pineapple Tidbits</p> |
| <p>7</p> <p>Chef Salad Meatball Sub Mini Corndogs Steamed Green Peas Sweet Potato Casserole Baked Apples Fresh Banana</p> | <p>8</p> <p>Munchable Chicken Tenders w/Roll Beef Teriyaki Nuggets w/Roll Broccoli Cheese Soup Tater Tots Mixed Berry Cup Fresh Grapes</p> | <p>9</p> <p>PBJ Sandwich Roasted Turkey & Gravy w/Garlic Breadstick Cheese Stuffed Shells w/Garlic Breadstick Garden Salad Glazed Carrots Fruit Sorbet Fresh Apple</p> | <p>10</p> <p>Deli Sandwich Chicken Pie with Roll Brookwood BBQ Sandwich Mashed Potatoes Steamed Green Beans Sliced Peaches Fresh Orange</p> | <p>11</p> <p>PBJ Sandwich Retro Pizza Beef Taco Steamed Corn Fiesta Black Beans Mixed Fruit Cocktail Fresh Pear</p> |
| <p>14</p> <p>Chef Salad Homemade Lasagna w/Garlic Breadstick Rotisserie Chicken w/Garlic Breadstick Garden Salad Corn Sliced Peaches Fresh Banana</p> | <p>15</p> <p>Munchable Chicken Filet Sandwich Nachos Supreme Refried Beans Tater Tots Strawberry Cup Fresh Grapes</p> | <p>16</p> <p>PBJ Sandwich Chicken Nuggets w/Roll Rib B Que Sandwich Glazed Carrots Mashed Potatoes Applesauce Fresh Apple</p> | <p>17</p> <p>Deli Sandwich Orange Chicken over Rice Cheeseburger Curly Fries Steamed Broccoli Mandarin Oranges Fresh Plums</p> | <p>18</p> <p>PBJ Sandwich Fish Nuggets with Hushpuppies Cheesy French Bread Marinara Sauce Potato Wedges Steamed Green Beans Fruit Sorbet Fresh Pear</p> |
| <p>21</p> | <p>22</p> <p>Munchable Hamburger Steak w/Gravy over Rice Mozzarella Cheese Sticks Marinara Sauce Potato Wedges Steamed Green Peas Mixed Fruit Cocktail Fresh Grapes</p> | <p>23</p> <p>PBJ Sandwich Hot Dog Popcorn Chicken with Mac & Cheese Baked Beans Mashed Potatoes Peach Cup Fresh Apple</p> | <p>24</p> <p>Deli Sandwich Baked Spaghetti with Garlic Breadstick Chicken Soft Taco Garden Salad Vegetable Medley Diced Pears Fresh Orange</p> | <p>25</p> <p>PBJ Sandwich Pizza Slice Cheeseburger Meatloaf Sandwich Tomato Soup Steamed Broccoli w/Cheese Pineapple Tidbits Fresh Pear</p> |

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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\*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.

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Free & Reduced Meal applications can be completed online at:
www.lunchapplication.com

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Manage and monitor your student's account at:  
[www.k12paymentcenter.com](http://www.k12paymentcenter.com)  
\*Independently run from the School Nutrition Program.

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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.

DCHS/VALLEY LUNCH MENU

January 2019



| | | | | |
|---|--|---|--|--|
| 28 | 29 | 30 | 31 | |
| Chef Salad Meatball Sub Mini Corndogs Steamed Green Peas Sweet Potato Casserole Baked Apples Fresh Banana | Munchable Chicken Tenders w/Roll Beef Teriyaki Nuggets w/Roll Broccoli Cheese Soup Tater Tots Mixed Berry Cup Fresh Grapes | PBJ Sandwich Roasted Turkey & Gravy w/Garlic Breadstick Cheese Stuffed Shells w/ Garlic Breadstick Garden Salad Glazed Carrots Fruit Sorbet Fresh Apple | Deli Sandwich Chicken Pie with Roll Brookwood BBQ Sandwich Mashed Potatoes Steamed Green Beans Sliced Peaches Fresh Orange | |

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