

DCHS/VALLEY LUNCH MENU

November 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1 Deli Sandwich Chicken Pie with Roll BBQ Tray w/Hushpuppies Mashed Potatoes Steamed Green Beans Peaches & Cream Fresh Orange</p>	<p>2 PBJ Sandwich Retro Pizza Beef Taco Steamed Corn Fiesta Black Beans Mixed Fruit Cocktail Fresh Pear</p>
<p>5 Chef Salad Homemade Lasagna w/Garlic Breadstick Rotisserie Chicken w/Garlic Breadstick Garden Salad Corn Sliced Peaches Fresh Banana</p>	<p>6 </p>	<p>7 PBJ Sandwich Chicken Nuggets w/Roll Rib B Que Sandwich Glazed Carrots Mashed Potatoes Applesauce Fresh Apple</p>	<p>8 Deli Sandwich Orange Chicken over Rice Cheeseburger Potato Tots Steamed Broccoli Mandarin Oranges Fresh Plums</p>	<p>9 PBJ Sandwich Fish Nuggets w/Hushpuppies Cheesy French Bread Marinara Sauce Potato Wedges Steamed Green Beans Fruit Sorbet Fresh Pear</p>
<p>12 </p>	<p>13 Munchable Hamburger Steak w/Gravy over Rice Mozzarella Cheese Sticks Marinara Sauce Potato Wedges Steamed Green Peas Mixed Fruit Cocktail Fresh Grapes</p>	<p>14 PBJ Sandwich Hot Dog Popcorn Chicken w/Mac & Cheese Baked Beans Potato Tots Peach Cup Fresh Apple</p>	<p>15 Deli Sandwich Baked Spaghetti w/Garlic Breadstick Chicken Soft Taco Garden Salad Vegetable Medley Diced Pears Fresh Orange</p>	<p>16 PBJ Sandwich Pizza Slice Grilled Cheese Sandwich Tomato Soup Steamed Broccoli w/Cheese Pineapple Tidbits Fresh Pear</p>
<p>19 Roasted Turkey w/Gravy, Stuffing & Roll Meatball Sub Green Beans Sweet Potato Casserole Cherry Cobbler Manager's Choice Fresh Fruit </p>	<p>20 Munchable Chicken Tenders w/Roll Mini Corndogs Steamed Broccoli Potato Tots Strawberry Cup Manager's Choice Fresh Fruit</p>	<p>21 </p>	<p>22 </p>	<p>23 </p>

Lunch Meal Prices

Reduced.....\$.40

Paid.....\$2.75

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.

26	27	28	29	30
Homemade Lasagna w/Garlic Breadstick Rotisserie Chicken w/Garlic Breadstick Corn Steamed Green Peas Sliced Peaches Fresh Banana	Munchable Chicken Filet Sandwich Nachos Supreme Refried Beans Waffle Fries Strawberry Cup Fresh Grapes	PBJ Sandwich Chicken Nuggets w/Roll Rib B Que Sandwich Glazed Carrots Mashed Potatoes Applesauce Fresh Apple	Deli Sandwich Orange Chicken over Rice Cheeseburger Potato Tots Steamed Broccoli Mandarin Oranges Fresh Plums	PBJ Sandwich Fish Nuggets w/Hushpuppies Cheesy French Bread Marinara Sauce Potato Wedges Steamed Green Beans Fruit Sorbet Fresh Pear

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