

LUNCH PRICES

PK/Elem	\$2.40
MS/HS	\$2.65
Visitor/Adult	\$3.40

*Menu Subject to Change



October 10 – 14 is National School Lunch Week
Featuring Healthy Football Foods
Win Win Nutrition!!!
Eat School Lunch!



Monday

Beef Quesadilla OR Fish Melt Sandwich, Potato Medley, Fresh Kiwi Halves, Fruit & Veggie Bar **3**

Nat'l School Lunch Week **10**
Honey Lime Baked Chicken Drumsticks OR Pineapple Sauced Meatballs, Veggie Rice, Mixed Berries w/Angel Food Cake, Fruit & Veggie Bar

NO SCHOOL **17**

Hot Dog on Bun OR Walking Taco, Steamed Corn, Peaches, Fruit & Veggie Bar **24**

Happy Halloween! **31**
Nat'l Caramel Apple Day
Special Surprise for eating hot lunch!
Worms & Eyeballs OR Monster Sammies, Spider Fries, Witches Brew, Harvest Mix, Fruit & Veggie Bar

Tuesday

Turkey & Gravy w/ Dinner Roll OR French Dip w/AuJus, Mashed Potatoes w/Gravy, Tropical Fruit Salad, Warm Apple Churro, Fruit & Veggie Bar **4**

Pizza Lettuce Wraps w/Garlic Parmesan Bread Stick OR Salsa Chicken Tacos, Cowboy Caviar w/Tri-Colored Tortilla Chips, 100% Fruit Johnny Pops, Fruit & Veggie Bar **11**

Nat'l Choc Cupcake Day **18**
Breaded Chicken Strips (regular or spicy) OR BBQ Pork Riblet on Hoagie, Hawaiian Baked Beans, Diced Peaches, Chocolate Cupcake, Fruit & Veggie Bar

Silly Face Emoji Day in Elementary **25**
Eat hot lunch to receive one
Cinnamon Glazed French Toast/Sausage Links OR Chicken & Home-style Waffles, Seasoned Potato Wedges, Fresh Banana, Fruit & Veggie Bar



Wednesday

Three Meat Stromboli OR Cheese Stuffed Shells/Creamy Tomato Sauce, Sautéed Mixed Veggies, Fresh Orange Slices, Fruit & Veggie Bar **5**

Shredded Pork Nachos OR Personal Cheese Veggie Pizza, Sticky Chipotle Cauliflower Wings, Frozen Peach Cup, Fruit & Veggie Bar **12**

Stuffed Crust Pizza OR Italian Chicken Sandwich, Sweet Pepper Cabbage Slaw, Sweet Mandarin Oranges, Fruit & Veggie Bar **19**

National Pumpkin Day **26**
Scalloped Potatoes w/ Ham OR Beef Teriyaki Bites w/Steamed Rice, Pea & Tomato Salad, Apple Slices, Pumpkin Dessert, Fruit & Veggie Bar

DC West offers a variety of fruits & vegetables daily to meet the needs of choosemyplate.gov which recommends half your plate consists of colorful fruits & veggies

Thursday

National Noodle Day **6**
Beef Bow-Tie Stroganoff OR Chicken Tetrastini, Bread Slice, Glazed Carrots, Fresh Red Apple, Frozen Dessert, Fruit & Veggie Bar

National M&M Day **13**
Baked Potato Bar w/ Turkey Chili or Broccoli Cheese Topper OR Turkey Chili or Broccoli Cheese Bread Bowl, Fresh Fruit w/Yogurt Dip, M&M Pretzel Mix, Fruit & Veggie Bar

Crispitos w/Cheese Sauce OR Shrimp Poppers w/Cocktail Sauce, Crispy Tator Tots, Red & Green Grapes, Cinnamon Coffee Cake, Fruit & Veggie Bar **20**

Corn Dog Nuggets OR Sharks Fish Treasures, Creamy Mac & Cheese, Green Beans, Fruit Splash Raisins, Fruit & Veggie Bar **27**

Friday

Breaded Chicken Filet On Bun OR BBQ Pulled Pork Sandwich, Broccoli & Cauliflower w/Cheese, Diced Pears, Fruit & Veggie Bar **7**

NO SCHOOL **14**

Toasted Ham & Cheese Sandwich w/Soup OR Mexican Bean Dip w/ Tortilla Chips, Crisp Celery Sticks, Rosy Applesauce, Fruit & Veggie Bar **21**

Cheese Bread Dunkers w/Dipping Sauce OR Surprise! Cooks Choice, Diced Cucumbers & Tomatoes, Pineapple Rings, Jell-O Cube Salad, Fruit & Veggie Bar **28**



This institution is an equal opportunity provider