



DCG ELEMENTARY (K-4) LUNCH MENU

October
2021

Meals include Entree, Fruit, Vegetable, & Choice of Milk.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 French Toast Sticks with Sausage Patty OR Yogurt Pak with Bagel Tater Tots (1/2c) Broccoli Florets (1/2c) Fruit (1/2c) Milk (1c)
4 Crispy Chicken Tenders Whole Grain Dinner Roll OR Yogurt / Bagel Pack Broccoli Florets (1/4c) Carrots (1/4c) Fruit Choice (1/2c) Milk (1c)	5 Walking Taco OR Turkey Deli Sandwich Black Beans (1/2c) Celery Sticks (1/4c) Fruit Choice (1/2c) Milk (1c)	6 1:00 DISMISSAL Tony's Cheese Pizza OR WG Chips, Salsa & Cheese Caesar Salad (1c) Tomatoes (1/4c) Fruit Choice (1/2c) Milk (1c)	7 Pancakes & Eggs OR Ham Deli Sandwich Tater Tots (1/2c) Cucumber Slices (1/4c) Fruit Choice (1/2c) Milk (1c)	8 Cheeseburger on Bun OR Pretzel Pack Cauliflower (1/2c) Baby Carrots (1/4c) Fruit (1/2c) Milk (1c)
11 Chicken Bites w/ Sauce Brown Rice OR Pretzel Pack Broccoli Florets (1/4c) Baby Carrots (1/4c) Fruit Choice (1/2c) Milk (1c)	12 Beefy Nachos & Cheese Sauce OR Ham Deli Sandwich Beans (1/2) Cucumber Slices (1/4c) Fruit Choice (1/2c) Milk (1c)	13 Crispy Chicken Sandwich OR WG Chips, Salsa & Cheese Cauliflower (1/2c) Red Peppers (1/4c) Fruit Choice (1/2c) Milk (1c)	14 Hotdog on Whole Grain Bun OR Turkey Deli Sandwich Green Beans (1/4c) Broccoli Florets (1/4c) Fruit (1/2c) Milk (1c)	15 French Toast Sticks with Sausage Patty OR Yogurt Pak with Bagel Tater Tots (1/2c) Carrots (1/4c) Fruit Choice (1/2c) Milk (1c)
18 Crispy Chicken Nuggets Whole Grain Dinner Roll OR Yogurt Pak with Bagel Broccoli (1/4c) Carrots (1/4c) Fruit (1/2) Milk (1c)	19 Walking Taco OR Turkey Deli Sandwich Beans (1/2c) Celery Sticks (1/4c) Fruit Choice (1/2c) Milk (1c)	20 1:00 DISMISSAL Tony's Cheese Pizza OR WG Chips, Salsa & Cheese Caesar Salad (1c) Tomatoes (1/4c) Fruit (1/2c) Milk (1c)	21 Waffles & Eggs OR Ham Deli Sandwich Tater Tots (1/2c) Cucumber Slices (1/2c) Fruit (1/2) Milk (1c)	22 Cheeseburger on Bun OR Pretzel Pack French Fries (1/2c) Baby Carrots (1/4c) Fruit (1/2c) Milk (1c)
25 NO SCHOOL Teacher Workday	26 Hotdog on Whole Grain Bun OR Pretzel Pack Baked Beans (1/2c) Baby Carrots (1/4c) Fruit (1/2c) Milk (1c)	27 Crispy Chicken Sandwich OR WG Chips, Salsa & Cheese Roasted Zucchini (1/2c) Cherry Tomatoes (1/4c) Fruit (1/2c) Milk (1c)	28 French Toast Sticks w/ Sausage Patty OR Turkey Deli Sandwich Tater Tots (1/2c) Cauliflower (1/2c) Fruit (1/2c) Milk (1c)	29 Chicken Bites Whole Grain Dinner Roll OR Yogurt Pak with Bagel Mashed Potatoes (1/2c) Broccoli Florets (1/4c) Fruit (1/2c) Milk (1c)

PRICES	1st Student Meal	FREE
	Adult Meals	\$3.95
	Milk	\$0.50
	Extra Entree	\$2.25

EXTRA INFO

Milk choice of 1% White, Skim, or Chocolate Skim is included with lunch. Entree Salads are served with Dinner Roll. For questions or comments, contact Food Service Office at 515-986-9747 x 4162 or email donna.sevenich@dcschools.com.



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