



# DCG Middle School LUNCH MENU

January  
2024

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>HAPPY NEW YEAR!</b> No School	<b>2</b> Macaroni & Cheese Whole Grain Dinner Roll Or Crispy Chicken Wrap Or Chicken Caesar Salad  Roasted Broccoli Cherry Tomato Mixed Canned Fruit Fresh Fruit Milk Choice	<b>3</b> Chicken Bacon Ranch Melt  Or Crispy Chicken Wrap Or Chicken Caesar Salad  Black Beans Cherry Tomato Pineapple Tidbits Fresh Fruit Milk Choice	<b>4</b> Cheeseburger on a Bun Golden French Fries Or Crispy Chicken Wrap Or Chicken Caesar Salad  Green Beans Cherry Tomato Applesauce Fresh Fruit Milk Choice	<b>5</b> Pizza  Or Crispy Chicken Wrap Or Chicken Caesar Salad  California Blend Vegetable Cherry Tomato Diced Pears Fresh Fruit Milk Choice
<b>8</b> Crispy Chicken Nuggets Whole Grain Dinner Roll Turkey BLT Wrap Crispy Chicken Salad  Steamed Green Beans Cherry Tomato Peaches, Diced Fresh Fruit Milk Choice	<b>9</b> Beef Tacos W/Spanish Rice Salsa Turkey BLT Wrap Crispy Chicken Salad  Refried Beans Cherry Tomato Mixed Canned Fruit Fresh Fruit Milk Choice	<b>10</b> <b>1:00 Dismissal</b> Crispy Chicken Sandwich  Turkey BLT Wrap Crispy Chicken Salad  Steamed Corn Cherry Tomato Pineapple Tidbits Fresh Fruit Milk Choice	<b>11</b> Pasta with Meat Sauce Whole Grain Dinner Roll Turkey BLT Wrap Crispy Chicken Salad  Roasted Broccoli Cherry Tomato Applesauce Fresh Fruit Milk Choice	<b>12</b> French Toast Sticks Sausage Patty Turkey Cranberry Wrap Crispy Chicken Salad  Glazed Carrots Cherry Tomato Diced Pears Fresh Fruit Milk Choice
<b>15</b> No School	<b>16</b> Corn Dog Tater Tots Ham & Cheese Flatbread Chef Salad  Steamed Broccoli Baby Carrots Mixed Canned Fruit Fresh Fruit Milk Choice	<b>17</b> Meatloaf Whole Grain Dinner Roll Ham & Cheese Flatbread Chef Salad  Mashed Potatoes & Gravy Baby Carrots Pineapple Tidbits Fresh Fruit Milk Choice	<b>18</b> Chicken Potstickers Chicken Fried Rice Cheeseburger on a Bun Chef Salad  Kung Fu Carrots Baby Carrots Applesauce Fresh Fruit Milk Choice	<b>19</b> Lasagna Garlic Toast Ham & Cheese Flatbread Chef Salad  Black Beans Baby Carrots Diced Pears Fresh Fruit Milk Choice
<b>22</b> Macaroni & Cheese Whole Grain Dinner Roll Honey Mustard Ham Wrap Craving Chicken Salad  Steamed Peas Broccoli Florets Peaches, Diced Fresh Fruit Milk Choice	<b>23</b> Beef Tacos, Hard Shell (beef), w. 1/2cup rice Spanish Rice Honey Mustard Ham Wrap Craving Chicken Salad  Refried Beans Broccoli Florets Mixed Canned Fruit Fresh Fruit Milk Choice	<b>24</b> <b>1:00 Dismissal</b> Toasted Italian Cheese Sandwich Honey Mustard Ham Wrap Craving Chicken Salad  Steamed Carrots Broccoli Florets Pineapple Tidbits Fresh Fruit Milk Choice	<b>25</b> Popcorn Chicken Bowl Bread Stick Honey Mustard Ham Wrap Craving Chicken Salad  Steamed Corn Broccoli Florets Applesauce Fresh Fruit Milk Choice	<b>26</b> Beef Chili Over Corn Bread Honey Mustard Ham Wrap Craving Chicken Salad  Steamed Green Beans Broccoli Florets Diced Pears Fresh Fruit Milk Choice
<b>29</b> Cheese Bosco Stick Marinara Sauce Turkey Munchable Southwest Chicken Salad  Steamed Green Beans Red/Orange Bell Pepper Peaches, Diced Fresh Fruit Milk Choice	<b>30</b> Pancakes Easy Egg Bake Turkey Munchable Southwest Chicken Salad  Tater Tots Red/Orange Bell Pepper Mixed Canned Fruit Fresh Fruit Milk Choice	<b>31</b> Orange Chicken Brown Rice Turkey Munchable Southwest Chicken Salad  Steamed Carrots Red/Orange Bell Pepper Pineapple Tidbits Fresh Fruit Milk Choice		

PRICES

1st Student Meal	\$3.25
Reduced Meal	\$0.40
Adult Meal	\$4.85
Extra Entree	PMV
Milk	\$0.55

EXTRA INFO

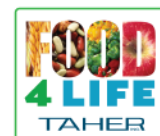
Milk choice of 1% White, Skim,  
or Chocolate Skim is included with meal.  
Entree Salads are served w/2oz Whole Grains.  
For questions or comments, contact Food  
Service i at 515-986-9747 x 4162.

HARVEST OF



THE MONTH

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