



DCG Middle School LUNCH MENU

February
2024

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 Crispy Chicken Nuggets Whole Grain Dinner Roll Or Sandwich (Veg.Options) Or Chef Salad Mashed Potatoes (1/2c) Baby Carrots (1/4c) Romaine Lettuce (1/2c) Canned Peaches (1/2c) Fresh Fruit (1/2c) Choice of Milk (1c)	30 Nacho Bar Or Sandwich (Veg.Options) Or Chef Salad Corn&BlackBean Salsa (1/2c) Cucumber Slices (1/4c) Raw Cauliflower (1/4c) Fruit Cocktail (1/2c) Fresh Fruit (1/2c) Choice of Milk (1c)	31 Crispy Chicken Sandwich Potato Wedges Or Deli Sandwich Or Chef Salad Steamed Peas (1/2c) Baby Carrots (1/4c) Romaine Lettuce (1/2c) Canned Pineapple (1/2c) Fresh Fruit (1/2c) Choice of Milk (1c)	1 Cheeseburger on a Bun Golden French Fries Or Turkey Munchable Or Southwest Chicken Salad Steamed Corn (1/2c) Cucumber Slices (1/4c) Raw Cauliflower (1/4c) Applesauce (1/2c) Fresh Fruit (1/2c) Choice of Milk (1c)	2 Nat'l Tater Tot Day Corn Dog Tater Tots Or Turkey Munchable Or Southwest Chicken Salad Black Beans (1/2c) Baby Carrots (1/4c) Romaine Lettuce (1/2c) Canned Pears (1/2c) Fresh Fruit (1/2c) Choice of Milk (1c)
5 Crispy Chicken Nuggets Whole Grain Dinner Roll Or Sandwich (Veg.Options) Or Chef Salad Mashed Potatoes (1/2c) Baby Carrots (1/4c) Romaine Lettuce (1/2c) Canned Peaches (1/2c) Fresh Fruit (1/2c) Choice of Milk (1c)	6 Nacho Bar Or Sandwich (Veg.Options) Or Chef Salad Corn&BlackBean Salsa (1/2c) Cucumber Slices (1/4c) Raw Cauliflower (1/4c) Fruit Cocktail (1/2c) Fresh Fruit (1/2c) Choice of Milk (1c)	7 1:00 Dismissal Crispy Chicken Sandwich Potato Wedges Or Deli Sandwich Or Chef Salad Steamed Peas (1/2c) Baby Carrots (1/4c) Romaine Lettuce (1/2c) Canned Pineapple (1/2c) Fresh Fruit (1/2c) Choice of Milk (1c)	8 Nat'l Pizza Day Cheese Pizza Bread Stick Or Chips, Salsa, & Cheese Or Chef Salad Steamed Corn (1/2c) Cucumber Slices (1/4c) Raw Cauliflower (1/4c) Applesauce (1/2c) Fresh Fruit (1/2c) Choice of Milk (1c)	9 Toasted Cheese Sandwich Tomato Soup Or Chips, Salsa, & Cheese Or Chef Salad Cali-Blend Veggies (1/2c) Baby Carrots (1/4c) Romaine Lettuce (1/2c) Canned Pears (1/2c) Fresh Fruit (1/2c) Choice of Milk (1c)
12 Beef Chili Cornbread Or Sandwich (Veg.Options) Or Crispy Chicken Salad Steamed Corn (1/2c) Baby Carrots (1/4c) Romaine Lettuce (1/2c) Canned Peaches (1/2c) Fresh Fruit (1/2c) Choice of Milk (1c)	13 Nat'l Cheddar Day Macaroni & Cheese Whole Grain Dinner Roll Or Sandwich (Veg.Options) Or Crispy Chicken Salad Roasted Broccoli (1/2c) Cucumber Slices (1/4c) Raw Cauliflower (1/4c) Fruit Cocktail (1/2c) Fresh Fruit (1/2c) Choice of Milk (1c)	14 Happy Valentine's Day Chicken Bacon Ranch Melt Cucumber Ranch Salad Or Deli Sandwich Or Crispy Chicken Salad Black Beans (1/2c) Baby Carrots (1/4c) Romaine Lettuce (1/2c) Canned Pineapple (1/2c) Fresh Fruit (1/2c) Choice of Milk (1c)	15 Chicken Alfredo w/Pasta Bread Stick Or Yogurt / Bagel Pack Or Crispy Chicken Salad Steamed Green Beans (1/2c) Cucumber Slices (1/4c) Raw Cauliflower (1/4c) Applesauce (1/2c) Fresh Fruit (1/2c) Choice of Milk (1c)	16 No School
19 Cheese Bosco Stick Marinara Sauce Or Sandwich (Veg.Options) Or Chef Salad Steamed Green Beans (1/2c) Baby Carrots (1/4c) Romaine Lettuce (1/2c) Canned Peaches (1/2c) Fresh Fruit (1/2c) Choice of Milk (1c)	20 Nat'l Muffin Day Nacho Bar Or Sandwich (Veg.Options) Or Chef Salad Corn&BlackBean Salsa (1/2c) Cucumber Slices (1/4c) Raw Cauliflower (1/4c) Fruit Cocktail (1/2c) Fresh Fruit (1/2c) Choice of Milk (1c)	21 1:00 Dismissal Crispy Chicken Sandwich Golden French Fries Or Deli Sandwich Or Chef Salad Steamed Corn (1/2c) Baby Carrots (1/4c) Romaine Lettuce (1/2c) Canned Pineapple (1/2c) Fresh Fruit (1/2c) Choice of Milk (1c)	22 Pasta with Meat Sauce Bread Stick Or Chips, Salsa, & Cheese Or Chef Salad Steamed Broccoli (1/2c) Cucumber Slices (1/4c) Raw Cauliflower (1/4c) Applesauce (1/2c) Fresh Fruit (1/2c) Choice of Milk (1c)	23 Nat'l Pancake Week Pancakes Sausage Patty Or Chips, Salsa, & Cheese Or Chef Salad Tater Tots (1/2c) Baby Carrots (1/4c) Romaine Lettuce (1/2c) Canned Pears (1/2c) Fresh Fruit (1/2c) Choice of Milk (1c)
26 Grilled Ham & Cheese Tomato Soup Or Sandwich (Veg.Options) Or Crispy Chicken Salad Steamed Green Beans (1/2c) Baby Carrots (1/4c) Romaine Lettuce (1/2c) Canned Peaches (1/2c) Fresh Fruit (1/2c) Choice of Milk (1c)	27 Nat'l Strawberry Day Corn Dog Potato Wedges Or Sandwich (Veg.Options) Or Crispy Chicken Salad Kung Fu Carrots (1/2c) Cucumber Slices (1/4c) Raw Cauliflower (1/4c) Fruit Cocktail (1/2c) Fresh Strawberries (1/2c) Choice of Milk (1c)	28 Nat'l Pancake Day Pancakes Sausage Patty Or Deli Sandwich Or Crispy Chicken Salad Tater Tots (1/2c) Baby Carrots (1/4c) Romaine Lettuce (1/2c) Canned Pineapple (1/2c) Fresh Fruit (1/2c) Choice of Milk (1c)	29 Cheeseburger on a Bun Golden French Fries Or Yogurt / Bagel Pack Or Crispy Chicken Salad Black Beans (1/2c) Cucumber Slices (1/4c) Raw Cauliflower (1/4c) Applesauce (1/2c) Fresh Fruit (1/2c) Choice of Milk (1c)	

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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