

What's on the Menu?

Dallas Center Grimes: Elementary School Gluten Free- October

Monday	Tuesday	Wednesday	Thursday	Friday
	1 GF Beef Taco OR GF Crispy Chicken Sandwich Build Your Own GF Pizza Fun Lunch Fresh Strawberries Fresh Pear Sliced Cucumbers Corn Salad with Ranch	2 GF Chicken Tenders Tater Tots Corn GF Cheeseburger Turkey Chef Salad Red Seedless Grapes Spicy Four Bean Salad Fresh Cherry Tomatoes Fresh Broccoli Florets	3 GF Spaghetti with Meat Sauce Roasted Italian Vegetables OR GF Crispy Chicken Sandwich Build Your Own GF Pizza Fun Lunch Fresh Orange Wedges Diced Watermelon Corn Salad with Ranch Lettuce & Tomato Side Salad	4 GF Cheese Pizza GF Cheeseburger Turkey Chef Salad Cantaloupe Fresh Fuji Apple Fresh Chopped Romaine Lettuce and Tomato Side Salad
7 GF Waffle Scrambled Eggs GF Tater Tots GF Classic Crispy Chicken Sandwich Egg and Cheddar Chef Salad Peaches and Blueberries Fresh Banana Spinach and Romaine Salad	8 GF Walking Beef Taco Vegetarian Refried Beans Shredded Lettuce Salsa Shredded Cheddar OR GF Nachos, Cheese and Salsa Fun Lunch Fresh Red Grapes Cantaloupe Mediterranean Chickpeas	9 GF Chicken Nuggets GF Potato Wedges Buffalo Ranch Sauce OR GF Crispy Chicken Sandwich Chicken & Apple-Cheddar Salad Fresh Fuji Apples Applesauce Spinach & Romaine Salad Fresh Carrots	10 GF Chicken Pasta with Marinara OR GF Nachos, Cheese and Salsa Fun Lunch Fresh Orange Wedges Honeydew Cubes Mediterranean Chickpeas	11 GF Cheese Pizza Steamed Corn OR GF Classic Crispy Chicken Sandwich Egg and Cheddar Chef Salad Banana and Strawberry Slices Fresh Pear Spinach & Romaine Salad Corn and Pepper Salad
14 GF Chicken Tenders GF Waffles OR GF Cheeseburger Ham & Cheddar Chef Salad Diced Watermelon Fresh Orange Wedges Fresh Chopped Romaine Fresh Carrots	15 GF Beef Taco OR GF Chicken Sandwich Cantaloupe Fresh Red Seedless Grapes Fresh Celery Sticks Corn & Black Bean Salad Red & Green Bell Pepper Strips	16 GF Hotdog OR GF Chicken Sandwich Ham & Cheddar Chef Salad Pineapple Cubes Fresh Pear Fresh Chopped Romaine Fresh Carrots	17 GF Chicken Parmesan GF Pasta OR GF Chicken Sandwich Fresh Red Seedless Grapes Fresh Orange Wedges Fresh Celery Sticks Corn & Black Bean Salad Red & Green Bell Pepper Strips	18 GF Cheese Pizza OR GF Cheeseburger Ham & Cheddar Chef Salad Fresh Fuji Apple Strawberries Blueberries Fresh Chopped Romaine Fresh Carrots
21 GF Scramble Eggs with Sausage OR GF Crispy Chicken Sandwich OR Beef Taco Salad Pineapple Tidbits Banana and Strawberry Slices Spinach & Romaine Salad Fresh Cherry Tomatoes	22 GF Beef Hard Shell Tacos OR GF Cheeseburger Grapes Applesauce Corn and Black Bean Salad	23 GF Hot dog OR GF Chicken Sandwich OR Beef Taco Salad Chilled Peaches Fresh Orange Wedges Spinach & Romaine Salad Fresh Cherry Tomatoes	24 GF Spaghetti with Italian Meat Sauce OR GF Chicken Sandwich Chilled Diced Pears Applesauce Corn & Black Bean Salad	No School
28 GF Waffles Scrambled Eggs OR GF Classic Cheeseburger OR Turkey Chef Salad Banana with Cinnamon and Sugar Fresh Orange Wedges Fresh Chopped Romaine Lettuce and Tomato Side Salad				



Vegetarian



Locally Grown

All meals served with milk

This institution is an equal opportunity provider.

If you have a food allergy, please notify us.

What's on the Menu?

Dallas Center Grimes Elementary Gluten Free

Monday	Tuesday	Wednesday	Thursday	Friday
	<p style="text-align: right;">29</p> <p>GF Beef Taco Or GF Chicken Sandwich</p> <p>Sliced Fresh Strawberries Fresh Pear Corn Salad with Ranch Sliced Cucumbers</p>	<p style="text-align: right;">30</p> <p>GF Chicken Tenders Or GF Cheeseburger</p> <p>Fresh Red Seedless Grapes Blueberries Spicy Four Bean Salad Fresh Cherry Tomatoes Fresh Broccoli Florets</p>	<p style="text-align: right;">31</p> <p>GF Pasta with Meat Sauce Or GF Chicken Sandwich Or GF Build your Own Pizza Fun Lunch Fresh Orange Wedges Diced Watermelon Corn Salad with Ranch Lettuce & Tomato Side Salad</p>	

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What's on the Menu?

Dallas Center Grimes: Elementary School Dairy Free- October

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>DF Beef Taco OR DF Chicken Sandwich Build Your Own DF Pizza Fun Lunch Fresh Strawberries Fresh Pear Sliced Cucumbers Corn Salad with Ranch</p>	<p>2</p> <p>DF Chicken Tenders Tater Tots Corn DF Cheeseburger Turkey Chef Salad Red Seedless Grapes Spicy Four Bean Salad Fresh Cherry Tomatoes Fresh Broccoli Florets</p>	<p>3</p> <p>DF Spaghetti with Meat Sauce Roasted Italian Vegetables OR DF Chicken Sandwich Build Your Own DF Pizza Fun Lunch Fresh Orange Wedges Diced Watermelon Corn Salad with Ranch Lettuce & Tomato Side Salad</p>	<p>4</p> <p>DF Cheese Pizza DF Cheeseburger Turkey Chef Salad Cantaloupe Fresh Fuji Apple Fresh Chopped Romaine Lettuce and Tomato Side Salad</p>
<p>7</p> <p>DF Classic Crispy Chicken Sandwich Peaches and Blueberries Fresh Banana Spinach and Romaine Salad</p>	<p>8</p> <p>DF Beef Taco Vegetarian Refried Beans Shredded Lettuce Salsa Shredded Cheddar OR DF Nachos, Cheese and Salsa Fun Lunch Fresh Red Grapes Cantaloupe Mediterranean Chickpeas</p>	<p>9</p> <p>Boneless Chicken Wings Potato Wedges OR Crispy Chicken Sandwich Chicken & Apple- DF Cheddar Salad Fresh Fuji Apples Applesauce Spinach & Romaine Salad Fresh Carrots</p>	<p>10</p> <p>DF Chicken Pasta with Marinara OR DF Nachos, Cheese and Salsa Fun Lunch Fresh Orange Wedges Honeydew Cubes Mediterranean Chickpeas</p>	<p>11</p> <p>DF Cheese Pizza Steamed Corn OR DF Classic Crispy Chicken Sandwich Banana and Strawberry Slices Fresh Pear Spinach & Romaine Salad Corn and Pepper Salad</p>
<p>14</p> <p>Chicken Tenders OR DF Cheeseburger DF Ham & Cheddar Chef Salad Diced Watermelon Fresh Orange Wedges Fresh Chopped Romaine Fresh Carrots</p>	<p>15</p> <p>DF Beef Taco OR DF Chicken Sandwich Cantaloupe Fresh Red Seedless Grapes Fresh Celery Sticks Corn & Black Bean Salad Red & Green Bell Pepper Strips</p>	<p>16</p> <p>DF Hotdog OR DF Chicken Sandwich Ham & Cheddar Chef Salad Pineapple Cubes Fresh Pear Fresh Chopped Romaine Fresh Carrots</p>	<p>17</p> <p>DF Chicken Parmesan DF Pasta OR DF Chicken Sandwich Fresh Red Seedless Grapes Fresh Orange Wedges Fresh Celery Sticks Corn & Black Bean Salad Red & Green Bell Pepper Strips</p>	<p>18</p> <p>DF Cheese Pizza OR DF Cheeseburger DF Ham & Cheddar Chef Salad Fresh Fuji Apple Strawberries Blueberries Fresh Chopped Romaine Fresh Carrots</p>
<p>21</p> <p>DF Crispy Chicken Sandwich OR DF Beef Taco Salad Pineapple Tidbits Banana and Strawberry Slices Spinach & Romaine Salad Fresh Cherry Tomatoes</p>	<p>22</p> <p>DF Beef Hard Shell Tacos OR DF Cheeseburger Grapes Applesauce Corn and Black Bean Salad</p>	<p>23</p> <p>Chicken Corn Dog OR DF Chicken Sandwich OR DF Beef Taco Salad Chilled Peaches Fresh Orange Wedges Spinach & Romaine Salad Fresh Cherry Tomatoes</p>	<p>24</p> <p>DF Spaghetti with Italian Meat Sauce OR DF Chicken Sandwich Chilled Diced Pears Applesauce Corn & Black Bean Salad</p>	<p>No School</p>
<p>28</p> <p>DF Classic Cheeseburger OR DF Turkey Chef Salad Banana with Cinnamon and Sugar Fresh Orange Wedges Fresh Chopped Romaine Lettuce and Tomato Side Salad</p>				



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What's on the Menu?

Dallas Center Grimes Elementary Dairy Free

Monday	Tuesday	Wednesday	Thursday	Friday
	<p style="text-align: right;">29</p> <p>DF Beef Taco Or DF Chicken Sandwich</p> <p>Sliced Fresh Strawberries Fresh Pear Sliced Cucumbers</p>	<p style="text-align: right;">30</p> <p>DF Chicken Tenders Or DF Cheeseburger</p> <p>Fresh Red Seedless Grapes Blueberries Spicy Four Bean Salad Fresh Cherry Tomatoes Fresh Broccoli Florets</p>	<p style="text-align: right;">31</p> <p>DF Pasta with Meat Sauce Or DF Chicken Sandwich Or GF Build your Own Pizza Fun Lunch Fresh Orange Wedges Diced Watermelon Lettuce & Tomato Side Salad</p>	

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What's on the Menu?

Dallas Center Grimes: Oak View School Gluten Free- October

Monday	Tuesday	Wednesday	Thursday	Friday
	1 GF Beef or Chicken Taco Or GF Crispy Chicken Sandwich Or GF Cheese Pizza Frozen Strawberries Fresh Pear Sliced Cucumbers Corn Salad with Ranch	2 GF Chicken Tenders Or GF Cheeseburger Or Turkey Chef Salad Spinach and Romaine Salad Spicy Four Bean Salad Fresh Cherry Tomatoes Chilled Peaches Blueberries	3 Chicken Thighs Fricassee Or GF Crispy Chicken Sandwich GF Cheese Pizza Sliced Cucumbers Cinnamon Diced Pears Diced Watermelon Corn Salad with Ranch Lettuce & Tomato Side Salad	4 GF Cheese Pizza GF Cheeseburger Spinach & Romaine Salad Fresh Cherry Tomatoes Fresh Broccoli Florets Rosy Applesauce Fresh Fuji Apple
7 GF Waffle Scrambled Eggs GF Tater Tots GF Classic Crispy Chicken Sandwich Peaches and Blueberries Fresh Banana Fresh Carrot Sticks Corn & Pepper Salad Spinach and Romaine Salad	8 GF Chicken or Beef Taco Or GF Ham and Cheese Bagel Melt Fresh Cauliflower Florets Diced Watermelon Fresh Orange Wedges Mediterranean Chickpeas	9 GF Chicken Nuggets GF Tater Tots Or GF cheeseburger Chicken & Apple-Cheddar Salad Fresh Fuji Apples Applesauce Spinach & Romaine Salad Fresh Carrots Corn & Pepper Salad	10 Caribbean Island Style Potato Bake Or GF Ham and Cheese Bagel Melt Fresh Cauliflower Florets Fruit Cocktail Mediterranean Chickpeas Cantaloupe	11 GF Cheese Pizza Steamed Corn Or GF Classic Crispy Chicken Sandwich Egg and Cheddar Chef Salad Banan and Strawberry Slices Fresh Pear Spinach & Romaine Salad Corn and Pepper Salad
14 GF Chicken Tenders GF Waffles Or GF Cheeseburger Spinach & Romaine Salad Marinated Tomato & Cucumber Salad Fresh Carrots Cinnamon Applesauce Banana and Strawberry Slices	15 GF Chicken or Beef Taco Or GF Cheeseburger Cantaloupe Chilled Peaches Carrot & Celery Sticks Corn & Black Bean Salsa	16 GF Hotdog Or GF Chicken Sandwich Ham & Cheddar Chef Salad Pineapple Cubes Fresh Pear Spinach & Romaine Salad Fresh Carrots Marinated Tomato & Cucumber Salad	17 Haitian Beef Stew OR GF Chicken Sandwich Fresh Red Seedless Grapes Fresh Carrot Celery Sticks Corn & Black Bean Salad Red Seedless Grapes	18 GF Cheese Pizza OR GF Cheeseburger Spinach & Romaine Salad Marinated Tomato & Cucumber Salad Fresh Carrots Fresh Fuji Apple
21 GF Scramble Eggs with Sausage Or GF Crispy Chicken Sandwich OR Red and Green Bell Peppers Chilled Sliced Pears Spinach & Romaine Salad Fresh Cherry Tomatoes Apple, Banana and Watermelon Salad	22 GF Chicken or Beef Hard Shell Tacos Or GF Ham and Cheese Bagel Melt Fresh Carrot & Broccoli Medley Pea Salad Honeydew Cubes Fresh Orange Wedges	23 GF Hot dog Or GF Cheeseburger Spinach & Romaine Salad Fresh Cherry Tomatoes Mediterranean Chickpeas Diced Watermelon Fresh Banana	24 Cuban Style Braised Beef Or GF Chicken Sandwich Fresh Carrot & Broccoli Medley Pea Salad Banan with Cinnamon Sugar Blueberries	No School
28 GF Waffles Scrambled Eggs Or GF Classic Cheeseburger Banana with Cinnamon and Sugar Fresh Orange Wedges Fresh Broccoli Florets Fresh Cherry Tomatoes Spinach & Romaine Salad				



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What's on the Menu?

Dallas Center Grimes Oak View Gluten Free

Monday	Tuesday	Wednesday	Thursday	Friday
	²⁹ GF Beef or Chicken Taco Or GF Cheese Pizza Lettuce & Tomato Side Salad Sliced Cucumbers Corn Salad with Ranch Frozen Strawberries Fresh Pear	³⁰ GF Chicken Tenders Or GF Cheeseburger Spinach & Romaine Salad Fresh Cherry Tomatoes Spice Four Bean Salad Chilled Peaches Blueberries	³¹ GF Hotdog Or GF Chicken Sandwich Lettuce & Tomato Side Salad Sliced Cucumbers Corn Salad with Ranch Cinnamon Diced Pears Diced Watermelon	

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What's on the Menu?

Dallas Center Grimes: Oak View Dairy Free October

Monday	Tuesday	Wednesday	Thursday	Friday
	1 DF Beef or Chicken Taco Or DF Chicken Sandwich Or DF Cheese Pizza Frozen Strawberries Fresh Pear Sliced Cucumbers	2 Chicken Tenders Or Hamburger Or DF Turkey Chef Salad Spinach and Romaine Salad Spicy Four Bean Salad Fresh Cherry Tomatoes Chilled Peaches Blueberries	3 Chicken Thighs Fricassee Or DF Chicken Sandwich DF Cheese Pizza Sliced Cucumbers Cinnamon Diced Pears Diced Watermelon Lettuce & Tomato Side Salad	4 DF Cheese Pizza Or Hamburger Spinach & Romaine Salad Fresh Cherry Tomatoes Fresh Broccoli Florets Rosy Applesauce Fresh Fuji Apple
7 DF Cheese Pizza Or DF Classic Crispy Chicken Sandwich Peaches and Blueberries Fresh Banana Fresh Carrot Sticks Corn & Pepper Salad Spinach and Romaine Salad	8 DF Chicken or Beef Taco Or DF Ham and Cheese Bagel Melt Fresh Cauliflower Florets Diced Watermelon Fresh Orange Wedges Mediterranean Chickpeas	9 Boneless Wings Or Hamburger Or DF Chicken & Apple-Cheddar Salad Fresh Fuji Apples Applesauce Spinach & Romaine Salad Fresh Carrots Corn & Pepper Salad	10 DF Cheese Pizza Or GF Ham and Cheese Bagel Melt Fresh Cauliflower Florets Fruit Cocktail Mediterranean Chickpeas Cantaloupe	11 Orange Chicken Or DF Classic Crispy Chicken Sandwich Banana and Strawberry Slices Fresh Pear Spinach & Romaine Salad Corn and Pepper Salad
14 Chicken Tenders Or Hamburger Spinach & Romaine Salad Marinated Tomato & Cucumber Salad Fresh Carrots Cinnamon Applesauce Banana and Strawberry Slices	15 DF Chicken or Beef Taco Or DF Cheeseburger Cantaloupe Chilled Peaches Carrot & Celery Sticks Corn & Black Bean Salsa	16 BBQ rib0B Q Sandwich Or DF Chicken Sandwich Ham & Cheddar Chef Salad Pineapple Cubes Fresh Pear Spinach & Romaine Salad Fresh Carrots Marinated Tomato & Cucumber Salad	17 Haitian Beef Stew Or DF Chicken Sandwich Fresh Red Seedless Grapes Fresh Carrot Celery Sticks Corn & Black Bean Salad Red Seedless Grapes	18 DF Cheese Pizza Or Hamburger Spinach & Romaine Salad Marinated Tomato & Cucumber Salad Fresh Carrots Fresh Fuji Apple
21 Hamburger Or DF Crispy Chicken Sandwich Red and Green Bell Peppers Chilled Sliced Pears Spinach & Romaine Salad Fresh Cherry Tomatoes Apple, Banana and Watermelon Salad	22 DF Chicken or Beef Hard Shell Tacos Or DF Ham and Cheese Bagel Melt Fresh Carrot & Broccoli Medley Pea Salad Honeydew Cubes Fresh Orange Wedges	23 Chicken Corn Dog Or DF Cheeseburger Spinach & Romaine Salad Fresh Cherry Tomatoes Mediterranean Chickpeas Diced Watermelon Fresh Banana	24 Cuban Style Braised Beef Or DF Chicken Sandwich Fresh Carrot & Broccoli Medley Pea Salad Banana with Cinnamon Sugar Blueberries	No School
28 WG French Toast Sticks Or DF Classic Cheeseburger Banana with Cinnamon and Sugar Fresh Orange Wedges Fresh Broccoli Florets Fresh Cherry Tomatoes Spinach & Romaine Salad				



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Dallas Center Grimes Oak View Dairy Free

Monday	Tuesday	Wednesday	Thursday	Friday
	<p style="text-align: right;">29</p> <p>DF Beef or Chicken Taco Or DF Cheese Pizza</p> <p>Lettuce & Tomato Side Salad Sliced Cucumbers Frozen Strawberries Fresh Pear</p>	<p style="text-align: right;">30</p> <p>Chicken Tenders Or Hamburger</p> <p>Spinach & Romaine Salad Fresh Cherry Tomatoes Spice Four Bean Salad Chilled Peaches Blueberries</p>	<p style="text-align: right;">31</p> <p>Meatballs in Zesty Marinara Or DF Chicken Sandwich</p> <p>Lettuce & Tomato Side Salad Sliced Cucumbers Corn Salad with Ranch Cinnamon Diced Pears Diced Watermelon</p>	

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What's on the Menu?

Dallas Center Grimes: DC Middle School Gluten Free- October

Monday	Tuesday	Wednesday	Thursday	Friday
	1 GF Beef Taco Or GF Crispy Chicken Sandwich Or GF Build your own Pizza Fun Lunch Sliced Fresh Strawberries Fresh Pear Sliced Cucumbers Corn Salad with Ranch	2 GF Chicken Tenders Or GF Cheeseburger Or Turkey Chef Salad Spinach and Romaine Salad Spicy Four Bean Salad Fresh Cherry Tomatoes Fresh Red Seedless Grapes Blueberries	3 GF Pasta with Meat Sauce Or GF Crispy Chicken Sandwich Or GF Build your own Pizza Fun Lunch GF Cheese Pizza Sliced Cucumbers Cinnamon Diced Pears Diced Watermelon Corn Salad with Ranch Lettuce & Tomato Side Salad	4 GF Cheese Pizza GF Cheeseburger Cantaloupe Fresh Fuji Apple Fresh Chopped Romaine Lettuce & Tomato Salad
7 GF Waffle Scrambled Eggs GF Tater Tots GF Classic Crispy Chicken Sandwich Peaches and Blueberries Fresh Banana Fresh Cauliflower Florets Corn & Pepper Salad	8 GF Beef Taco Or GF Ham and Cheese Bagel Melt Fresh Red Seedless Grapes Cantaloupe Mediterranean Chickpeas	9 GF Chicken Nuggets GF Tater Tots Or GF cheeseburger Or Chicken & Apple-Cheddar Salad Fresh Fuji Apples Applesauce Spinach & Romaine Salad Fresh Carrots	10 GF Pasta with Marinara Or GF Ham and Cheese Bagel Melt Fresh Red Seedless Grapes Honeydew Cubes Mediterranean Chickpeas	11 GF Cheese Pizza Steamed Corn Or GF Classic Crispy Chicken Sandwich Egg and Cheddar Chef Salad Banan and Strawberry Slices Fresh Pear Fresh Cauliflower Florets Corn and Pepper Salad
14 GF Chicken Tenders GF Waffles Or GF Cheeseburger Diced Watermelon Fresh Orange Wedges Marinated Tomato & Cucumber Salad Fresh Chopped Romaine Fresh Carrots	15 GF Beef Taco Or GF Chicken Sandwich Fresh Orange Wedges Cantaloupe Fresh Celery Sticks Corn & Black Bean Salad Red and Green Bell Peppers	16 GF Hotdog Or GF Cheeseburger Or Ham & Cheddar Chef Salad Pineapple Cubes Fresh Pear Fresh Carrots Marinated Tomato & Cucumber Salad	17 GF Chicken Parmesan Or GF Chicken Sandwich Fresh Red Seedless Grapes Fresh Celery Sticks Corn & Black Bean Salad Red and Green Bell Pepper Strips	18 GF Cheese Pizza Or GF Cheeseburger Fresh Chopped Romaine Marinated Tomato & Cucumber Salad Fresh Carrots Fresh Fuji Apple Strawberries Blueberries
21 GF Scramble Eggs with Sausage Or GF Crispy Chicken Sandwich Chilled Pineapple Chunks Banan and Strawberry Slices Spinach and Romaine Salad Fresh Cherry Tomatoes	22 GF Beef Hard Shell Tacos Or GF Ham and Cheese Bagel Melt Fresh Red & Green Seedless Grapes Rosy Applesauce Fresh Cherry Tomatoes Corn & Black Bean Salad	23 GF Hot dog Or GF Cheeseburger Spinach & Romaine Salad Fresh Cherry Tomatoes Mediterranean Chickpeas Diced Watermelon Fresh Banana	24 Cuban Style Braised Beef Or GF Chicken Sandwich Fresh Carrot & Broccoli Medley Pea Salad Banan with Cinnamon Sugar Blueberries	No School
28 GF Waffles Scrambled Eggs Or GF Classic Cheeseburger Banana with Cinnamon and Sugar Fresh Orange Wedges Fresh Broccoli Florets Fresh Cherry Tomatoes Spinach & Romaine Salad				



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What's on the Menu?

Dallas Center Grimes DC Middle School Gluten Free

Monday	Tuesday	Wednesday	Thursday	Friday
	²⁹ GF Beef or Chicken Taco Or GF Cheese Pizza Lettuce & Tomato Side Salad Sliced Cucumbers Corn Salad with Ranch Frozen Strawberries Fresh Pear	³⁰ GF Chicken Tenders Or GF Cheeseburger Spinach & Romaine Salad Fresh Cherry Tomatoes Spice Four Bean Salad Chilled Peaches Blueberries	³¹ GF Hotdog Or GF Chicken Sandwich Lettuce & Tomato Side Salad Sliced Cucumbers Corn Salad with Ranch Cinnamon Diced Pears Diced Watermelon	

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What's on the Menu?

Dallas Center Grimes: DC Middle School Dairy Free- October

Monday	Tuesday	Wednesday	Thursday	Friday
	1 DF Beef Taco Or DF Chicken Sandwich Or DF Build your own Pizza Fun Lunch Sliced Fresh Strawberries Fresh Pear liced Cucumbers	2 DF Chicken Tenders Or DF Cheeseburger Or Turkey Chef Salad Spinach and Romaine Salad Spicy Four Bean Salad Fresh Cherry Tomatoes Fresh Red Seedless Grapes Blueberries	3 DF Pasta with Meat Sauce Or DF Chicken Sandwich Or DF Build your own Pizza Fun Lunch DF Cheese Pizza Sliced Cucumbers Cinnamon Diced Pears Diced Watermelon Lettuce & Tomato Side Salad	4 DF Cheese Pizza Hamburger Cantaloupe Fresh Fuji Apple Fresh Chopped Romaine Lettuce & Tomato Salad
7 DF Classic Crispy Chicken Sandwich Peaches and Blueberries Fresh Banana Fresh Cauliflower Florets Corn & Pepper Salad	8 DF Beef Taco Or DF Ham and Cheese Bagel Melt Fresh Red Seedless Grapes Cantaloupe Mediterranean Chickpeas	9 DF Chicken Nuggets Or Hamburger Or DF Chicken & Apple-Cheddar Salad Fresh Fuji Apples Applesauce Spinach & Romaine Salad Fresh Carrots	10 DF Pasta with Marinara Or DF Ham and Cheese Bagel Melt Fresh Red Seedless Grapes Honeydew Cubes Mediterranean Chickpeas	11 DF Cheese Pizza Steamed Corn Or DF Classic Crispy Chicken Sandwich Banana and Strawberry Slices Fresh Pear Fresh Cauliflower Florets Corn and Pepper Salad
14 DF Cheeseburger Diced Watermelon Fresh Orange Wedges Marinated Tomato & Cucumber Salad Fresh Chopped Romaine Fresh Carrots	15 DF Beef Taco Or DF Chicken Sandwich Fresh Orange Wedges Cantaloupe Fresh Celery Sticks Corn & Black Bean Salad Red and Green Bell Peppers	16 DF Hotdog Or Hamburger Or DF Ham & Cheddar Chef Salad Pineapple Cubes Fresh Pear Fresh Carrots Marinated Tomato & Cucumber Salad	17 DF Chicken Parmesan Or DF Chicken Sandwich Fresh Red Seedless Grapes Fresh Celery Sticks Corn & Black Bean Salad Red and Green Bell Pepper Strips	18 DF Cheese Pizza Or Hamburger Fresh Chopped Romaine Marinated Tomato & Cucumber Salad Fresh Carrots Fresh Fuji Apple Strawberries Blueberries
21 DF Chicken Sandwich Or DF Beef Taco Salad Chilled Pineapple Chunks Banan and Strawberry Slices Spinach and Romaine Salad Fresh Cherry Tomatoes	22 DF Beef Hard Shell Tacos Or DF Ham and Cheese Bagel Melt Fresh Red & Green Seedless Grapes Rosy Applesauce Fresh Cherry Tomatoes Corn & Black Bean Salad	23 Chicken Corn Dog Or Hamburger Spinach & Romaine Salad Fresh Cherry Tomatoes Mediterranean Chickpeas Diced Watermelon Fresh Banana	24 Spaghetti with Italian Meat Sauce Or DF Chicken Sandwich Fresh Carrot & Broccoli Medley Pea Salad Banan with Cinnamon Sugar Blueberries	No School
28 DF Classic Cheeseburger Banana with Cinnamon and Sugar Fresh Orange Wedges Fresh Broccoli Florets Fresh Cherry Tomatoes Spinach & Romaine Salad				



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What's on the Menu?

Dallas Center Grimes DC Middle School Dairy Free

Monday	Tuesday	Wednesday	Thursday	Friday
	²⁹ DF Beef or Chicken Taco Or DF Cheese Pizza Lettuce & Tomato Side Salad Sliced Cucumbers Frozen Strawberries Fresh Pear	³⁰ DF Chicken Tenders Or Hamburger Spinach & Romaine Salad Fresh Cherry Tomatoes Spice Four Bean Salad Chilled Peaches Blueberries	³¹ DF Hotdog Or DF Chicken Sandwich Lettuce & Tomato Side Salad Sliced Cucumbers Cinnamon Diced Pears Diced Watermelon	

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What's on the Menu?

Dallas Center Grimes: High School Gluten Free- October

Monday	Tuesday	Wednesday	Thursday	Friday
	1 GF Beef or Chicken Taco Or GF Ham and Cheese Bagel Melt Or GF Cheese Pizza Frozen Strawberries Fresh Pear Sliced Cucumbers Corn Salad with Ranch	2 GF Chicken Tenders Or GF Cheeseburger Or Turkey Chef Salad Spinach and Romaine Salad Spicy Four Bean Salad Fresh Cherry Tomatoes Chilled Peaches Blueberries	3 Chicken Thighs Fricassee Or GF Crispy Chicken Sandwich GF Cheese Pizza Sliced Cucumbers Cinnamon Diced Pears Diced Watermelon Corn Salad with Ranch Lettuce & Tomato Side Salad	4 GF Cheese Pizza GF Cheeseburger Spinach & Romaine Salad Fresh Cherry Tomatoes Fresh Broccoli Florets Rosy Applesauce Fresh Fuji Apple
7 GF Waffle Scrambled Eggs GF Tater Tots GF Classic Crispy Chicken Sandwich Peaches and Blueberries Fresh Banana Fresh Carrot Sticks Corn & Pepper Salad Spinach and Romaine Salad	8 GF Chicken or Beef Taco Or GF Ham and Cheese Bagel Melt Fresh Cauliflower Florets Diced Watermelon Fresh Orange Wedges Mediterranean Chickpeas	9 GF Chicken Nuggets GF Tater Tots Or GF cheeseburger Chicken & Apple-Cheddar Salad Fresh Fuji Apples Applesauce Spinach & Romaine Salad Fresh Carrots Corn & Pepper Salad	10 Caribbean Island Style Potato Bake Or GF Ham and Cheese Bagel Melt Fresh Cauliflower Florets Fruit Cocktail Mediterranean Chickpeas Cantaloupe	11 GF Chicken or Beef Taco GF Cheese Pizza Steamed Corn Or GF Classic Crispy Chicken Sandwich Egg and Cheddar Chef Salad Banan and Strawberry Slices Fresh Pear Spinach & Romaine Salad Corn and Pepper Salad
14 GF Chicken Tenders GF Waffles Or GF Cheeseburger Spinach & Romaine Salad Marinated Tomato & Cucumber Salad Fresh Carrots Cinnamon Applesauce Banana and Strawberry Slices	15 GF Chicken or Beef Taco Or GF Cheeseburger Cantaloupe Chilled Peaches Carrot & Celery Sticks Corn & Black Bean Salsa	16 GF Hotdog Or GF Chicken Sandwich Ham & Cheddar Chef Salad Pineapple Cubes Fresh Pear Spinach & Romaine Salad Fresh Carrots Marinated Tomato & Cucumber Salad	17 Haitian Beef Stew OR GF Chicken Sandwich Fresh Red Seedless Grapes Fresh Carrot Celery Sticks Corn & Black Bean Salad Red Seedless Grapes	18 GF Cheese Pizza OR GF Cheeseburger Spinach & Romaine Salad Marinated Tomato & Cucumber Salad Fresh Carrots Fresh Fuji Apple
21 GF Scramble Eggs with Sausage Or GF Crispy Chicken Sandwich OR Red and Green Bell Peppers Chilled Sliced Pears Spinach & Romaine Salad Fresh Cherry Tomatoes Apple, Banana and Watermelon Salad	22 GF Chicken or Beef Hard Shell Tacos Or GF Toasty Three Cheese Sandwich Fresh Carrot & Broccoli Medley Pea Salad Honeydew Cubes Fresh Orange Wedges	23 GF Hot dog Or GF Cheeseburger Spinach & Romaine Salad Fresh Cherry Tomatoes Mediterranean Chickpeas Diced Watermelon Fresh Banana	24 Cuban Style Braised Beef Or GF Chicken Sandwich Fresh Carrot & Broccoli Medley Pea Salad Banan with Cinnamon Sugar Blueberries	No School
28 GF Waffles Scrambled Eggs Or GF Classic Cheeseburger Banana with Cinnamon and Sugar Fresh Orange Wedges Fresh Broccoli Florets Fresh Cherry Tomatoes Spinach & Romaine Salad				



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	²⁹ GF Beef or Chicken Taco Or GF Cheese Pizza Lettuce & Tomato Side Salad Sliced Cucumbers Corn Salad with Ranch Frozen Strawberries Fresh Pear	³⁰ GF Chicken Tenders Or GF Cheeseburger Spinach & Romaine Salad Fresh Cherry Tomatoes Spice Four Bean Salad Chilled Peaches Blueberries	³¹ GF Hotdog Or GF Chicken Sandwich Lettuce & Tomato Side Salad Sliced Cucumbers Corn Salad with Ranch Cinnamon Diced Pears Diced Watermelon	

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	1 DF Beef or Chicken Taco Or DF Ham and Cheese Bagel Melt Or GF Cheese Pizza Frozen Strawberries Fresh Pear Sliced Cucumbers	2 Chicken Tenders Or Hamburger Or DF Turkey Chef Salad Spinach and Romaine Salad Spicy Four Bean Salad Fresh Cherry Tomatoes Chilled Peaches Blueberries	3 Chicken Thighs Fricassee Or DF Ham & Cheese Bagel Melt Or DF Cheese Pizza Sliced Cucumbers Cinnamon Diced Pears Diced Watermelon Lettuce & Tomato Side Salad	4 DF Cheese Pizza Or DF Cheeseburger Spinach & Romaine Salad Fresh Cherry Tomatoes Fresh Broccoli Florets Rosy Applesauce Fresh Fuji Apple
7 DF Cheese Pizza Or Nashville Hot Chicken Sandwich Peaches and Blueberries Fresh Banana Fresh Carrot Sticks Corn & Pepper Salad Spinach and Romaine Salad	8 DF Chicken or Beef Taco Or DF Ham and Cheese Bagel Melt Fresh Cauliflower Florets Diced Watermelon Fresh Orange Wedges Mediterranean Chickpeas	9 Boneless Chicken Wings Or Hamburger Or DF Chicken & Apple-Cheddar Salad Fresh Fuji Apples Applesauce Spinach & Romaine Salad Fresh Carrots Corn & Pepper Salad	10 Grilled Chicken Sandwich Or DF Ham and Cheese Bagel Melt Fresh Cauliflower Florets Fruit Cocktail Mediterranean Chickpeas Cantaloupe	11 DF Chicken or Beef Taco Or DF Cheese Pizza Or DF Classic Chicken Sandwich Banana and Strawberry Slices Fresh Pear Spinach & Romaine Salad Corn and Pepper Salad
14 Chicken Tenders Or Hamburger Spinach & Romaine Salad Marinated Tomato & Cucumber Salad Fresh Carrots Cinnamon Applesauce Banana and Strawberry Slices	15 DF Chicken or Beef Taco Or DF Cheeseburger Cantaloupe Chilled Peaches Carrot & Celery Sticks Corn & Black Bean Salsa	16 BBQ Rib B=Q Sandwich Or DF Chicken Sandwich DF Ham & Cheddar Chef Salad Pineapple Cubes Fresh Pear Spinach & Romaine Salad Fresh Carrots Marinated Tomato & Cucumber Salad	17 Haitian Beef Stew OR DF Chicken Sandwich Fresh Red Seedless Grapes Fresh Carrot Celery Sticks Corn & Black Bean Salad Red Seedless Grapes	18 DF Cheese Pizza OR Hamburger Spinach & Romaine Salad Marinated Tomato & Cucumber Salad Fresh Carrots Fresh Fuji Apple
21 DF Cheese Pizza Or DF Crispy Chicken Sandwich Red and Green Bell Peppers Chilled Sliced Pears Spinach & Romaine Salad Fresh Cherry Tomatoes Apple, Banana and Watermelon Salad	22 DF Chicken or Beef Hard Shell Tacos Or DF Toasty Three Cheese Sandwich Fresh Carrot & Broccoli Medley Pea Salad Honeydew Cubes Fresh Orange Wedges	23 Chicken Corn Dog Or DF Cheeseburger Spinach & Romaine Salad Fresh Cherry Tomatoes Mediterranean Chickpeas Diced Watermelon Fresh Banana	24 Cuban Style Braised Beef Or GF Chicken Sandwich Fresh Carrot & Broccoli Medley Pea Salad Banana with Cinnamon Sugar Blueberries	No School
28 DF Cheese Pizza Or DF Classic Cheeseburger Banana with Cinnamon and Sugar Fresh Orange Wedges Fresh Broccoli Florets Fresh Cherry Tomatoes Spinach & Romaine Salad				



Vegetarian



Locally Grown

All meals served with milk

This institution is an equal opportunity provider.

If you have a food allergy, please notify us.

What's on the Menu?

Dallas Center Grimes High School Dairy Free

Monday	Tuesday	Wednesday	Thursday	Friday
	<p style="text-align: right;">29</p> <p>DF Beef or Chicken Taco Or DF Cheese Pizza</p> <p>Lettuce & Tomato Side Salad Sliced Cucumbers Frozen Strawberries Fresh Pear</p>	<p style="text-align: right;">30</p> <p>Chicken Tenders Or Hamburger</p> <p>Spinach & Romaine Salad Fresh Cherry Tomatoes Spice Four Bean Salad Chilled Peaches Blueberries</p>	<p style="text-align: right;">31</p> <p>Meatballs in Zesty Marinara Or DF Ham and Cheese Bagel Melt</p> <p>Lettuce & Tomato Side Salad Sliced Cucumbers Corn Salad with Ranch Cinnamon Diced Pears Diced Watermelon</p>	

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