

October

Oct. 1 - 4

International

Monday

Chicken Alfredo w/ Roll
Steamed Broccoli
Leafy Green Salad
Fresh Fruit

Tuesday

Sweet & Sour Chicken
Rice, Egg Roll
Oriental Veggies
Leafy Green Salad
Fresh Fruit

Wednesday

Boneless BBQ Wings
Fresh Broccoli w/Ranch
Celery/Carrot Sticks
Baked Beans
Fresh Fruit

Thursday

Spaghetti Bake
Roll
Corn
Leafy Green Salad
Fresh Fruit

Friday

October 9 - 12

Monday

Tuesday
Walking Tacos
Refried Beans
Pico de Gallo
Shredded Lettuce
Fresh Fruit
Leafy Green Salad

DPS 2018-19

Dalton High School

Southern Chow

Monday

Hamburger Patty w/ Gravy
Roll
Creamy Mashed Potato
Green Beans
Fresh Fruit

Tuesday

B.B.Q Sandwich w/ Chips
Cole Slaw
Baked Beans
Leafy Green Salad
Fresh Fruit

Wednesday

Boneless BBQ Wings
Fresh Broccoli w/Ranch
Celery/Carrot Sticks
Baked Beans
Fresh Fruit

Thursday

Country Fried Steak w/Gravy
Biscuits
Mashed Potato
Leafy Green Salad
Fresh Fruit

Friday

DHS

Monday

Tuesday
Chicken Casserole
Roll
Glazed Carrots
Steamed Broccoli
Fresh Fruit

Hot & Spicy

Monday

Chicken Fajita
Rice
Sauteed Onion & Pepper
Salsa

Tuesday

Walking Tacos
Fresh Pico
Shredded Lettuce
Onions, Peppers
Leafy Green Salad
Fresh Fruit

Wednesday

Cheese Nachos
Pinto Beans
Fresh Pico
Shredded Lettuce
Fresh Fruit

Thursday

Steak Nachos
Sauteed Peppers & Onions
Corn
Leafy Green Salad
Fresh Fruit

Friday

Monday

Tuesday
Cheese Nachos
Pinto Beans
Pico de Gallo, Sour Cream
Shredded Lettuce
Fresh Fruit
Leafy Green Salad

Grill

Monday

Chicken Sandwich
Cheeseburger
Lettuce/Tomato/Onion/Pickle
Black Bean Salad
Fresh Fruit
Yogurt Box Choice

Tuesday

Pizza
Marinara Sauce
Cucumber Marinated Salad
Leafy Green Salad
Fresh Fruits
Boxed Sandwich

Wednesday

Chicken Sandwich
Cheeseburger
Lettuce/Tomato/Onion/Pickle
Steamed Broccoli
Fresh Fruit
Yogurt Box Choice

Thursday

Pizza
Marinara Sauce
Steamed Corn
Leafy Green Salad
Fresh Fruit
Boxed Sandwich

Friday

Monday

Tuesday
Pizza
Marinara Sauce
Broccoli Salad
Leafy Green Salad
Fresh Fruit
Boxed Sandwich

Wednesday
Corndog
Potato Fries
Green Beans
Fresh Fruit
Leafy Green Salad

Thursday
Cheeseburger
Lettuce,Tomato,Onion
Pickle
Sweet Potato Fries
Leafy Green Salad
Fresh Fruit

Friday
Chicken Tenders
Roll
Pinto Beans
Roasted Squash
Fresh Fruit
Leafy Green Salad

October 15 - 19

Monday
Spaghetti
Garlic Toast
Corn
Leafy Green Salad
Fresh Fruit

Tuesday
Asian Chicken
Rice
Egg Roll
Orientle Veggies
Fresh Fruit
Leafy Green Salad

Wednesday
Country Fried Steak w/
Gravy & Biscuits
Mashed Potato
Glazed Carrots
Fresh Fruit
Leafy Green Salad

Wednesday
Country Fried Steak w/
Gravy & Biscuits
Mashed Potato
Green Beans
Fresh Fruit
Leafy Green Salad

Thursday
Hot Dog
Baked Beans
Slaw
Sweet Potato Fries
Apple Crisp
Fresh Fruit

Friday
Chicken Tenders
Roll
Pinto Beans
Corn
Fresh Fruit
Leafy Green Salad

DHS

Monday
Chicken Patty w/Gravy
Garlic Toast
Corn/Mashed Potatoes
Leafy Green Salad
Fresh Fruit

Tuesday
Asian Chicken
Rice
Egg Roll
Orientle Veggies
Fresh Fruit
Leafy Green Salad

Wednesday
Country Fried Steak w/
Gravy & Biscuits
Mashed Potato
Glazed Carrots
Fresh Fruit
Leafy Green Salad

Wednesday
Chicken Fajita Nachos
Rice, Jalapeno Peppers
Sauteed Peppers/Onions
Salsa
Fresh Fruit
Leafy Green Salad

Thursday
BBQ Nachos
Pico de Gallo
Slaw
Corn
Fresh Fruit

Friday
Beef Nachos
Shredded Lettuce/Cheese
Salsa
Refried Beans
Fresh Fruit
Leafy Green Salad

Monday
Cheese Nachos
Corn
Pico De Gallo
Shredded Lettuce
Fresh Fruit

Tuesday
Walking Tacos
Black Beans
Pico de Gallo
Shredded Lettuce/cheese
Fresh Fruit

Wednesday
Chicken Fajita Nachos
Rice,Salsa
Sauteed Peppers/Onions
Fresh Broccoli
Fresh Fruit

Wednesday
Chicken Sandwich
Cheeseburger
Lettuce/Tomato/Onion/Pickle
Veggie Fries
Fresh Fruit
Yogurt Box Choice

Thursday
Pizza
Marinara Sauce
Leafy Green Salad
Rosted Garbanzo Beans
Fresh Fruit
Boxed Sandwich

Friday
Chicken Sandwich
Cheeseburger
Lettuce/Tomato/Onion/Pickle
Potato Fries
Fresh Fruit
Yogurt Box Choice

Monday
Chicken Sandwich
Cheeseburger
Lettuce/Tomato/Onion/Pickle
Corn
Fresh Fruit
Yogurt Box Choice

Tuesday
Pizza
Marinara Sauce
Celery Stick w/ Ranch
Leafy Green Salad
Fresh Fruit
Boxed Sandwich

Wednesday
Chicken Sandwich
Cheeseburger
Lettuce/Tomato/Onion/Pickle
Steamed Broccoli
Fresh Fruit
Yogurt Box

Thursday
Lasagna
Garlic Toast
Steamed Broccoli
Leafy Green Salad
Fresh Fruit

Thursday
Lasagna
Garlic Toast
Steamed Broccoli
Leafy Green Salad
Fresh Fruit

Thursday
Pork Carnita Nachos
Cilantro,Lime,Onion
Fresh Pico
Shredded Lettuce
Fresh Fruit

Thursday
Pizza
Marinara Sauce
Leafy Green Salad
Steamed Broccoli
Fresh Fruit
Boxed Sandwich

Friday
Chicken Tenders
Pinto Beans
Roasted Squash
Garlic Toast
Fresh Fruit
Leafy Green Salad

Friday
Chicken Tenders
Pinto Beans
Roasted Squash
Garlic Toast
Fresh Fruit
Leafy Green Salad

Friday
Beef and Cheese Nachos
Salsa
Refried Beans
Shredded Lettuce
Fresh Fruit
Leafy Green Salad

Friday
Chicken Sandwich
Cheeseburger
Lettuce/Tomato/Onion/Pickle
Black Bean Salad
Fresh Fruit
Yogurt Box Choice

October 22 - 26

Monday
Quesadilla
Spanish Rice
Black Bean Salad
Pico de Gallo
Fresh Fruit
Leafy Green Salad

DHS
Monday
Loaded Taco Potato
Fresh Pico
Jalapeno Pepper
Pinto Beans
Fresh Fruit
Leafy Green Salad

Monday
Quesadilla
Spanish Rice
Pinto Beans
Pico de Gallo
Fresh Fruit
Leafy Green Salad

Monday
Chicken Sandwich
Cheeseburger
Lettuce/Tomato/Onion/Pickle
Baked Beans
Slaw
Fresh Fruit
Yogurt Box Choice

Tuesday
Walking Tacos
Corn
Pico de Gallo
Shredded Lettuce
Sour Cream
Fresh Fruit

Tuesday
Roasted Chicken
Garlic Toast
Mashed Potatoes
Steamed Broccoli
Fresh Fruit

Tuesday
Cheese Nachos
Corn
Pico de Gallo
Shredded Lettuce
Refried Beans
Fresh Fruit

Tuesday
Pizza
Marinara Sauce
Corn
Boxed Sandwich Choice
Fresh Fruit

Wednesday
Cheese Sticks
Marinara Sauce
Corn
Cucumber Salad
Fresh Fruit
Leafy Green Salad

Wednesday
Cheese Sticks
Marinara Sauce
Corn
Cucumber Salad
Fresh Fruit
Leafy Green Salad

Wednesday
Chicken Fajita Nachos
Rice, Salsa
Sauteed Peppers/Onions
Jalapeno Peppers. Lettuce
Fresh Fruit
Leafy Green Salad

Wednesday
Chicken Sandwich
Cheeseburger
Lettuce/Tomato/Onion/Pickle
Cucumber Marinated Salad
Fresh Fruit
Leafy Green Salad

Thursday
Chili Fries
Garlic Toast
Pico de Gallo
Broccoli
Shredded Cheese
Fresh Fruit

Thursday
Hot Dogs
Baked Beans
Slaw
Pickle Relish
Oven Baked Fries
Fresh Fruit

Thursday
Pork BBQ Nachos
Corn
Pico de Gallo
Broccoli
Shredded Lettuce
Fresh Fruit

Thursday
Pizza
Marinara Sauce
Leafy Green Salad
Steamed Broccoli
Fresh Fruit
Boxed Sandwich

Leafy Green Salad

Friday
Chicken Tenders
Roll
Pinto Beans
Sweet Potato Fries
Fresh Fruit

Leafy Green Salad

Friday
Chicken Tenders
Roll
Pinto Beans
Fresh Sweet Potatoes
Fresh Fruit

Friday
Beef Nachos
Shredded Lettuce/Cheese
Salsa
Refried Beans
Fresh Fruit

Friday
Chicken Sandwich
Cheeseburger
Lettuce/Tomato/Onion/Pickle
Carrot Sticks
Fresh Fruit
Yogurt Box Choice

October 29-31

Monday
Chicken Alfredo w/ Roll
Steamed Broccoli
Leafy Green Salad
Fresh Fruit

Monday
Hamburger Patty w/ Gravy
Roll
Creamy Mashed Potato
Green Beans
Fresh Fruit

Monday
Chicken Fajita
Rice
Sautéed Onion & Pepper
Salsa

Monday
Chicken Sandwich
Cheeseburger
Lettuce/Tomato/Onion/Pickle
Vegetable Blend
Fresh Fruit
Yogurt Box Choice

Tuesday
Sweet & Sour Chicken
Rice, Egg Roll
Oriental Veggies
Leafy Green Salad
Fresh Fruit

Tuesday
B.B.Q Sandwich w/ Chips
Cole Slaw
Baked Beans
Leafy Green Salad
Fresh Fruit

Tuesday
Walking Tacos
Fresh Pico
redded Lettuce, Onions, Pepper
Leafy Green Salad
Fresh Fruit

Tuesday
Pizza
Marinara Sauce
Cucumber Marinated Salad
Leafy Green Salad
Fresh Fruits
Boxed Sandwich

Wednesday
Boneless BBQ Wings
Fresh Broccoli w/Ranch
Celery/Carrot Sticks
Baked Beans
Fresh Fruit

Wednesday
Boneless BBQ Wings
Fresh Broccoli w/Ranch
Celery/Carrot Sticks
Baked Beans
Fresh Fruit

Wednesday
Cheese Nachos
Pinto Beans
Fresh Pico
Shredded Lettuce
Fresh Fruit

Wednesday
Chicken Sandwich
Cheeseburger
Lettuce/Tomato/Onion/Pickle
Steamed Broccoli
Fresh Fruit
Yogurt Box Choice