

well hello, march

Monday

Tuesday

Wednesday

Thursday

Friday

1

"MEATLESS"
DAILY ENTREE -(CHOOSE 1)
PG: BOSCO STICKS
PG: UNCRUSTABLE
DAILY SIDES - (CHOOSE MIN 2)
V: CORN
V: VEGGIE BAR
F: FRUIT- VARIETY
G: FRESH BAKED COOKIE
D: MILK -FF & 1% FLAVORED
~OR~
PGV; GRAB & GO MEAL
CONDIMENTS:
V: MARINARA DUNK CUP
* RANCH DRESSING

4

DAILY ENTREE -(CHOOSE 1)
PG: CHICKEN PATTY
PG: UNCRUSTABLE
DAILY SIDES - (CHOOSE MIN 2)
V: SCALLOPED POTATOES
V: GREEN BEANS
V: VEGGIE BAR
F: FRUIT- VARIETY
D: MILK -FF & 1% FLAVORED
~OR~
PGV; GRAB & GO MEAL
CONDIMENTS:
* KETCHUP
* MIRACLE WHIP
* BBQ SAUCE
* RANCH DRESSING

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DAILY ENTREE -(CHOOSE 1)
PG: CORN DOG *C
PG: UNCRUSTABLE
DAILY SIDES - (CHOOSE MIN 2)
V: CURLY FRIES
V: MIXED VEGETABLES
V: VEGGIE BAR
F: FRUIT- VARIETY
D: MILK -FF & 1% FLAVORED
~OR~
PGV; GRAB & GO MEAL
CONDIMENTS:
* KETCHUP
MUSTARD
* RANCH DRESSING

6

DAILY ENTREE -(CHOOSE 1)
PG: FISH SANDWICH
PG: UNCRUSTABLE
DAILY SIDES - (CHOOSE MIN 2)
G: MACARONI & CHEESE
V: VEGGIE BAR
F: JONNYPOP
F: FRUIT- VARIETY
D: MILK -FF & 1% FLAVORED
~OR~
PGV; GRAB & GO MEAL
CONDIMENTS:
* MUSTARD
* KETCHUP
* MIRACLE WHIP
TARTER SAUCE
* RANCH DRESSING

7

"CHICKEN & WAFFLES DAY"
DAILY ENTREE -(CHOOSE 1)
PG: CHICKEN TENDERS
G: and MINI WAFFLES
~OR~
PG: UNCRUSTABLE
DAILY SIDES - (CHOOSE MIN 2)
V: VEGGIE BAR
F: FRUIT- VARIETY
D: MILK -FF & 1% FLAVORED
OR*
PGV; GRAB & GO MEAL
CONDIMENTS:
* SYRUP
* KETCHUP
* BBQ SAUCE
* RANCH DRESSING

8

SCHOOL IMPROVEMENT DAY
NO LUNCH

11

DAILY ENTREE -(CHOOSE 1)
PG: CHSE.BURGER*B
PG: UNCRUSTABLE
DAILY SIDES - (CHOOSE MIN 2)
V: EVER-CRISP FRIES
V: BAKED BEANS
V: VEGGIE BAR
F: FRUIT- VARIETY
D: MILK -FF & 1% FLAVORED
~OR~
PGV; GRAB & GO MEAL
CONDIMENTS:
* KETCHUP
* MUSTARD
* RANCH DRESSING

12

"BRUNCH FOR LUNCH"
DAILY ENTREE -(CHOOSE 1)
P: CHEESE OMELET and
G:"EGGO"CHOCOLATE CHIP
MINI FRENCH TOAST
~OR~
PG: UNCRUSTABLE
DAILY SIDES - (CHOOSE MIN 2)
V: POTATO TRIANGLE
V: VEGGIE BAR
F: FRUIT- VARIETY
D: MILK -FF & 1% FLAVORED
OR*
PGV; GRAB & GO MEAL
CONDIMENTS:
* SYRUP
KETCHUP
* SALSA
* RANCH DRESSING

13

DAILY ENTREE -(CHOOSE 1)
PG: SPAGHETTI &
MEAT SAUCE *B
G: GARLIC TOAST
~OR~
PG: UNCRUSTABLE
DAILY SIDES - (CHOOSE MIN 2)
V: STEAMED CARROTS
V: VEGGIE BAR
F: FRUIT- VARIETY
D: MILK -FF & 1% FLAVORED
OR*
PGV; GRAB & GO MEAL
*PARMESAN CHEESE
* RANCH DRESSING

14

DAILY ENTREE -(CHOOSE 1)
PG: SHAMROCK NUGGETS
G: WHEAT ROLL
~OR~
PG: UNCRUSTABLE
DAILY SIDES - (CHOOSE MIN 2)
V: MASHED POTATOES
CHICKEN GRAVY
V: GREEN BEANS
V: VEGGIE BAR
F: FRUIT- VARIETY
D: MILK -FF & 1% FLAVORED
OR*
PGV; GRAB & GO MEAL
CONDIMENTS:
* KETCHUP
MARGARINE
* BBQ SAUCE
* RANCH DRESSING

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"MEATLESS"
DAILY ENTREE -(CHOOSE 1)
P/G: CHEESE PIZZA
PG: VEGETABLE PIZZA
PG: UNCRUSTABLE
DAILY SIDES - (CHOOSE MIN 2)
V: CORN
V: VEGGIE BAR
F: FRUIT- VARIETY
G: FRESH BAKED COOKIE
D: MILK -FF & 1% FLAVORED
~OR~
PGV; GRAB & GO MEAL
CONDIMENTS:
* RANCH DRESSING

18

DAILY ENTREE -(CHOOSE 1)
PG: HOT DOG W/BUN*B
PG: UNCRUSTABLE
DAILY SIDES - (CHOOSE MIN 2)
V: TATER TOTS
V: BAKED BEANS
V: VEGGIE BAR
F: FRUIT- VARIETY
D: MILK -FF & 1% FLAVORED
~OR~
PGV; GRAB & GO MEAL
CONDIMENTS:
KETCHUP
* MUSTARD
* RANCH DRESSING

19

DAILY ENTREE -(CHOOSE 1)
PG: NACHOS GRANDE *B
G: CINNAMON BREADSTICK
~OR~
PG: UNCRUSTABLE
DAILY SIDES - (CHOOSE MIN 2)
V: CHEESY REFRIED BEANS
V: VEGGIE BAR
F: FRUIT- VARIETY
D: MILK -FF & 1% FLAVORED
OR*
PGV; GRAB & GO MEAL
CONDIMENTS:
* SALSA
* RANCH DRESSING

20

DAILY ENTREE -(CHOOSE 1)
PG: CHICKEN STIXS
G: WHEAT ROLL
~OR~
PG: UNCRUSTABLE
DAILY SIDES - (CHOOSE MIN 2)
V: MASHED POTATOES
CHICKEN GRAVY
V: GREEN BEANS
V: VEGGIE BAR
F: FRUIT- VARIETY
D: MILK -FF & 1% FLAVORED
OR*
PGV; GRAB & GO MEAL
CONDIMENTS:
* KETCHUP
* BBQ SAUCE
MARGARINE
* RANCH DRESSING

21

DAILY ENTREE -(CHOOSE 1)
P: HOMEMADE BEEF CHILI
& CRACKERS
PG: UNCRUSTABLE
DAILY SIDES - (CHOOSE MIN 2)
V: "EMOTICON"
POTATO SHAPES
V: VEGGIE BAR
F: FRUIT- VARIETY
G: CINNAMON ROLL
D: MILK -FF & 1% FLAVORED
~OR~
PGV; GRAB & GO MEAL
CONDIMENTS:
* KETCHUP
MUSTARD
* RANCH DRESSING

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"MEATLESS"
DAILY ENTREE -(CHOOSE 1)
PG: "WILD MIKES"
CHEESE BITES
PG: UNCRUSTABLE
DAILY SIDES - (CHOOSE MIN 2)
V: CORN
V: VEGGIE BAR
F: FRUIT- VARIETY
G: FRESH BAKED COOKIE
D: MILK -FF & 1% FLAVORED
~OR~
PGV; GRAB & GO MEAL
CONDIMENTS:
V: MARINARA DUNK CUP
* RANCH DRESSING

25
NO SCHOOL TODAY
SPRING BREAK

26
NO SCHOOL TODAY
SPRING BREAK

27
NO SCHOOL TODAY
SPRING BREAK

28
NO SCHOOL TODAY
SPRING BREAK

29
NO SCHOOL TODAY
SPRING BREAK

DUNLAP MIDDLE / VALLEY SCHOOLS

"BUILD YOUR OWN LUNCH TRAY"
PICK 3-5 FOOD GROUPS
* FRUIT (MUST TAKE FRUIT OR VEGETABLE)
* VEGETABLE (MUST TAKE FRUIT OR VEGETABLE)
* DAIRY, *GRAIN, *PROTEIN

*B-BEEF,*T-TURKEY,*C-CHICKEN,*P-PORK

MIDDLE SCHOOLS LUNCH- \$2.40, MILK-.45

****PARENT/GUARDIAN REMINDERS****

WE LOVE THAT YOUR CHILDREN ARE EATING OUT LUNCHES
PLEASE DON'T FORGET TO SEND LUNCH MONEY AT LEAST ONCE A WEEK
PLEASE PAY BY CHECK OR ONLINE USING MYSCHOOLBUCKS.COM

****2018-19 HOUSEHOLD MEAL APPLICATIONS AVAILABLE FOR EVERYONE THROUGHOUT THE SCHOOL YEAR**

FIND ONLINE LINK UNDER LUNCH MENUS
(NEW APPLICATIONS MUST BE FILLED OUT YEARLY)

"NEW" GRAB & GO MEALS

Skip the long lines, Prepackaged cold meals,
Variety of options available including vegetarian

Did you know we have a Kitchen Angel Lunch donation account that is used to help struggling families pay for school meals? If you would like to help, need help or want information please contact:

Lisa Leitner, Director of Food Services at leitner@dunlapcusd.net