



Fresh Salads,  
Wraps and  
Sandwiches  
available daily

**Fruit and  
Vegetable Bar**

Served at the Main Line  
Only

**Monday**

Chopped Romaine  
Tomatoes/Cucumber  
Chilled Fruit  
Whole Fruit  
Carrots  
Side Salad

**Tuesday**

Chopped Romaine  
Tomatoes/Cucumber  
Whole Fruit  
Chilled Fruit  
Celery  
Spicy Roasted  
Garbanzo Beans

**Wednesday**

Chopped Romaine  
Tomatoes/Cucumber  
Peas  
Whole Fruit  
Chilled Fruit  
Carrots  
Side Salad

**Thursday**

Chopped Romaine  
Tomatoes/Cucumber  
Whole Fruit  
Chilled Fruit  
Spicy Roasted  
Garbanzo Beans

**Friday**

Chopped Romaine  
Tomatoes/Cucumber  
Whole Fruit  
Chilled Fruit  
Carrots/Broccoli  
Side Salad

*Condiments & Low Fat  
Salad Dressings*

Dana Middle School's October 2019 Menu (Grades 6-8)



September 30	October 1	October 2	October 3	October 4
<b>Chicken Nuggets WG Waffle</b> with Hash Brown Patty  <i>Finishing Bar</i>	<b>Meatballs</b> with WG Pasta Green Beans  <i>Finishing Bar</i>	<b>Baja Beef Rice Bowl</b> Mexicali Corn  <i>Finishing Bar</i>	<b>Breaded Chicken Drumstick</b> with Mashed Potatoes and Gravy  <i>Finishing Bar</i>	<b>Turkey Nachos</b> with Refried Beans  <i>Finishing Bar</i>
October 7	October 8	October 9	October 10	October 11
<b>Breakfast For Lunch</b> WG Bagel, Turkey Sausage & Tater Tots  <i>Finishing Bar</i>	<b>Chicken Alfredo Pasta</b> with Seasoned Broccoli  <i>Finishing Bar</i>	<b>Teriyaki Glazed Chicken</b> Brown Rice  <i>Finishing Bar</i>	<b>BBQ Pork Sandwich</b> with Waffle Fries and Coleslaw  <i>Finishing Bar</i>	<b>Beef Hard Shell Tacos</b> with Refried Beans or OUTDOOR BBQ  <i>Finishing Bar</i>
October 14	October 15	October 16	October 17	October 18
<b>Sausage and Pancake Skewer</b> with Hash Brown Patty  <i>Finishing Bar</i>	<b>Chicken Alfredo Pasta</b> with Seasoned Broccoli  <i>Finishing Bar</i>	<b>Mini Turkey Corn Dogs</b> with Seasoned Waffle Fries  <i>Finishing Bar</i>	<b>Chicken Nuggets</b> with Seasoned Curly Fries  <i>Finishing Bar</i>	<b>Beef Ravioli</b> with Marinara Sauce or OUTDOOR BBQ  <i>Finishing Bar</i>
October 21	October 22	October 23	October 24	October 25
<b>Breakfast For Lunch</b> WG French Toast Sticks, Turkey Sausage & Hash Brown Patty  <i>Finishing Bar</i>	<b>WG Popcorn Chicken</b> with Seasoned Corn and Tater Tots  <i>Finishing Bar</i>	<b>Macaroni and Cheese</b> served with Seasoned Carrots  <i>Finishing Bar</i>	<b>Beef Sloppy Joe</b> Seasoned Potato Wedges  <i>Finishing Bar</i>	<b>Turkey Nachos</b> with Refried Beans or OUTDOOR BBQ  <i>Finishing Bar</i>
October 28	October 29	October 30	October 31	
<b>Breakfast For Lunch</b> Turkey Sausage Patty and WG Waffles Hash Brown Patty  <i>Finishing Bar</i>	<b>Italian Meatball Sub</b> Seasoned Potato Wedges  <i>Finishing Bar</i>	<b>Sweet and Sour Chicken</b> Brown Rice Broccoli  <i>Finishing Bar</i>	<b>Beef Hot Dog Chili Dog</b> Seasoned Fries  <i>Finishing Bar</i>	



All pizzas made w/ reduced fat cheese  
& whole grain crust.  
Classic Cheese and Pepperoni Pizza served  
daily

Monday: Cheese or Pepperoni  
Tuesday: Cheese, Pepperoni or Sausage  
Flatbread  
Wednesday: Cheese or Pepperoni  
Thursday: Cheese, Pepperoni or Buffalo  
Chicken Flatbread  
Friday: Cheese or Pepperoni



Served Daily:  
Breaded Chicken Burgers, Hamburgers, and  
Cheeseburgers  
Monday: Jalapeno Cheeseburger  
Tuesday: Toasted Ham and Swiss  
Wednesday: Triple Cheese Grilled Cheese  
Thursday: Bacon Cheeseburger  
Friday: Hot Dog

Milk:  
1% white and  
Non-fat chocolate milk  
Offered daily with lunch

Wisburn USD is an Equal  
Opportunity Employer and  
Provider. All menus are subject  
to change without notice due to  
circumstance.