

SEPTEMBER MENU

"Free Student Meals"

USDA Extends **FREE** Meals to **ALL** Students for the 2021-22 school year.

ALERT: DUE TO THE EXTREME FOOD AND SUPPLY CHAIN SHORTAGES, WE'RE HAVING TO SUB ITEMS AND MAKE CHANGES TO OUR MENUS WHEN NECESSARY.

Food Service Job Openings Available

2 and 2.5-hr. cook positions. Cook Starting pay \$15 Sub \$14.

The Best job to have while your kiddos are in school. Apply Now at www.dunlapcusd.net

Monday

Tuesday

Wednesday

Thursday

Friday

NO SCHOOL TODAY
LABOR DAY

"CHICKEN & WAFFLES"
DAILY ENTREE - PICK 1
PG: CHICKEN TENDERS
G: and MINI WAFFLES
OR*
PG: UNCRUSTABLE
DAILY SIDES-PICK 2
V: MIXED VEGETABLES
V: VEGGIE BAR
F: Assorted Fruit
D: MILK -FF & 1%
-OR-
PGV; GRAB & GO MEAL
* KETCHUP

DAILY ENTREE - PICK 1
PG: BEEF TACO *SS
PG: UNCRUSTABLE
DAILY SIDES-PICK 2
V: CHEESY REFRIED BEANS
V: VEGGIE BAR
CHURRO
F: Assorted Fruit
D: MILK -FF & 1%
OR*
PGV; GRAB & GO MEAL
* SALSA
* RANCH DRESSING

DAILY ENTREE - PICK 1
PG: CORN DOG *C
UNCRUSTABLE
DAILY SIDES-PICK 2
V: SWEET FRIES
V: VEGGIE BAR
F: Assorted Fruit
D: MILK -FF & 1%
OR*
PGV; GRAB & GO MEAL
KETCHUP
* RANCH DRESSING

"MEATLESS"
DAILY ENTREE - PICK 1
PG: BOSCO STICKS
UNCRUSTABLE
DAILY SIDES-PICK 2
V: CORN
V: VEGGIE BAR
F: Assorted Fruit
D: MILK -FF & 1%
OR*
PGV; GRAB & GO MEAL
* RANCH DRESSING
V: MARINARA DUNK CUP

DAILY ENTREE - PICK 1
PG: HOT DOG W/BUN*B
PG: UNCRUSTABLE
DAILY SIDES-PICK 2
V: SWEET FRIES
V: BROCCOLI
V: VEGGIE BAR
F: Assorted Fruit
D: MILK -FF & 1%
OR*
PGV; GRAB & GO MEAL
KETCHUP
* RANCH DRESSING

"BRUNCH FOR LUNCH"
DAILY ENTREE - PICK 1
P: CHEESE OMELET and
G: MINI PANCAKES
-OR-
UNCRUSTABLE
DAILY SIDES-PICK 2
V: POTATO TRIANGLE
V: VEGGIE BAR
F: Assorted Fruit
D: MILK -FF & 1%
OR*
PGV; GRAB & GO MEAL
KETCHUP
* SALSA
* RANCH DRESSING

PG: SUB SANDWICH *T
-OR-
UNCRUSTABLE
V: MIXED VEGETABLES
V: VEGGIE BAR
F: HOT CINNAMON APPLES
D: MILK -FF & 1%
OR*
PGV; GRAB & GO MEAL
* RANCH DRESSING

PG: FISH SANDWICH
-OR-
PG: UNCRUSTABLE
G: MACARONI & CHEESE
V: STEAMED CARROTS
F: Assorted Fruit
D: MILK -FF & 1%
OR*
PGV; GRAB & GO MEAL
TARTER SAUCE
KETCHUP
* RANCH DRESSING

"MEATLESS"
PG: "WILD MIKES"
CHEESE BITES
V: MARINARA DUNK CUP
-OR-
UNCRUSTABLE
V: TOMATO SOUP
G: FRESH BAKED COOKIE
F: Assorted Fruit
D: MILK -FF & 1%
OR*
PGV; GRAB & GO MEAL
* RANCH DRESSING

DAILY ENTREE - PICK 1
PG: CHICKEN/NOODLES
G: WHEAT ROLL
-OR-
UNCRUSTABLE
DAILY SIDES-PICK 2
V: MASHED POTATOES
CHICKEN GRAVY
V: GREEN BEANS
V: VEGGIE BAR
F: Assorted Fruit
D: MILK -FF & 1%
PGV; GRAB & GO MEAL
* RANCH DRESSING
MARGARINE

"MEATLESS"
DAILY ENTREE - PICK 1
P/G: CHEESE PIZZA
PG: VEGETABLE PIZZA
UNCRUSTABLE
DAILY SIDES-PICK 2
V: CORN
V: VEGGIE BAR
F: Assorted Fruit
G: FRESH BAKED COOKIE
D: MILK -FF & 1%
OR*
PGV; GRAB & GO MEAL
* RANCH DRESSING

TEACHER'S INSTITUTE
NO SCHOOL TODAY

6

7

8

9

10

13

14

15

16

17

20

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

21

DAILY ENTREE - PICK 1
 PG: CHICKEN FAJITAS
 PG: UNCRUSTABLE
 DAILY SIDES-PICK 2
 V: GREEN BEANS
 V: VEGGIE BAR
 F: JONNYPOP
 F: FRUIT- VARIETY
 D: MILK -FF & 1%
 -OR-
 PGV; GRAB & GO MEAL
 CONDIMENTS:
 * SALSA
 * RANCH DRESSING

22

DAILY ENTREE - PICK 1
 PG: SPAGHETTI &
 MEAT SAUCE *B
 G:TWISTED BREADSTICK
 -OR-
 PG: UNCRUSTABLE
 DAILY SIDES-PICK 2
 V: STEAMED CARROTS
 V: VEGGIE BAR
 F: FRUIT- VARIETY
 D: MILK -FF & 1%
 OR*
 PGV; GRAB & GO MEAL
 *PARMESAN CHEESE
 * RANCH DRESSING

23

DAILY ENTREE - PICK 1
 P/G: TANGERINE CHICKEN
 OVER RICE
 PG: UNCRUSTABLE
 DAILY SIDES-PICK 2
 V: BROCCOLI
 V: VEGGIE BAR
 F: FRUIT- VARIETY
 D: MILK -FF & 1%
 -OR-
 PGV; GRAB & GO MEAL
 CONDIMENTS:
 * RANCH DRESSING

24

SCHOOL
 IMPROVEMENT DAY
 NO LUNCH SERVED

27

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

28

DAILY ENTREE - PICK 1
 PG: MEATBALL SUB
 PG: UNCRUSTABLE
 DAILY SIDES-PICK 2
 V: POTATO SMILES
 V: STEAMED CARROTS
 V: VEGGIE BAR
 F: FRUIT- VARIETY
 D: MILK -FF & 1%
 -OR-
 PGV; GRAB & GO MEAL
 CONDIMENTS:
 * KETCHUP
 * RANCH DRESSING

29

DAILY ENTREE - PICK 1
 SLOPPY JOE'S
 PG: UNCRUSTABLE
 DAILY SIDES-PICK 2
 V: SWEET FRIES
 V: BROCCOLI
 V: VEGGIE BAR
 F: Assorted Fruit
 D: MILK -FF & 1%
 OR*
 PGV; GRAB & GO MEAL
 KETCHUP
 * RANCH DRESSING

30

DAILY ENTREE - PICK 1
 PG: CHICKEN NACHOS
 PG: UNCRUSTABLE
 DAILY SIDES-PICK 2
 V: GREEN BEANS
 V: VEGGIE BAR
 F: JONNYPOP
 F: Assorted Fruit
 D: MILK -FF & 1%
 OR*
 PGV; GRAB & GO MEAL
 * SALSA
 * RANCH DRESSING

Dunlap Middle/Valley Schools

The USDA has extended FREE meals to all students for 2021-22 school year. No paperwork or money needed.

Come through the lunch line as normal.

All extra food and ala carte items will need to purchased.

Lunch money can be added using the Myschoolbucks link below.

<https://www.dunlapcusd.net/quicklinks/lunch-menu>

"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**
-

2020-21 Household Meal Applications are available for everyone throughout the school year.

MyschoolApps link below.

<https://www.dunlapcusd.net/quicklinks/lunch-menu>

Reminder : A New Application must be filled out every new school year.

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 lleitner@dunlapcusd.net

Welcome Back!

Have a Great School Year.