

OCTOBER 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

4
DAILY ENTREE - PICK 1
"CHICKEN & WAFFLES"
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

5
DAILY ENTREE - PICK 1
PG:MINI CORN DOGS*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

6
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

7
DAILY ENTREE - PICK 1
P/G: ALFREDO CHICKEN
G: WHEAT ROLL
-OR-
UNCRUSTABLE
DAILY SIDES-PICK 2
V: GREEN BEANS
V: VEGGIE BAR
F: Assorted Fruit
D: MILK -FF & 1%
PGV; GRAB & GO MEAL
* RANCH DRESSING
MARGARINE

8
DAILY ENTREE - PICK 1
"MEATLESS"
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

1
DAILY ENTREE - PICK 1
"MEATLESS"
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

11

NO SCHOOL TODAY
COLUMBUS DAY

12

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

13

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

14

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

15

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

18

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

19

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

20

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

21

NO SCHOOL TODAY
PARENT/TEACHER
CONFERENCES

22

NO SCHOOL TODAY
PARENT/TEACHER
CONFERENCES

25

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

26

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

27

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

28

DAILY ENTREE - PICK 1
P: HOMEMADE BEEF CHILI
& CRACKERS
CINNAMON ROLL
-OR-
UNCRUSTABLE
DAILY SIDES-PICK 2
V: VEGGIE BAR
V: POTATO SMILES
F: Assorted Fruit
D: MILK -FF & 1%
OR*
PGV; GRAB & GO MEAL
KETCHUP
* RANCH DRESSING

29

DAILY ENTREE - PICK 1
"MEATLESS"
PG: TOASTED GARLIC
CHEESE PIZZA BREAD
UNCRUSTABLE
DAILY SIDES-PICK 2
V: CORN
V: VEGGIE BAR
F: Assorted Fruit
D: MILK -FF & 1%
OR*
PGV; GRAB & GO MEAL
* 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 be 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.