

# 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](http://www.dunlapcusd.net)

Monday	Tuesday	Wednesday	Thursday	Friday
				<p style="text-align: right;"><b>Oct 1</b></p> <p>"DAILY HOMESTYLE" Choose 1 Meal Option "BUILD A TACO" PGV: BEEF OR CHICKEN BOLD PRIMO PIZZA P/G/V: SUB STATION</p> <p>-----</p> <p>"DAILY SIDES" (CHOOSE MIN. 2) G: SCOOP TORTILLA CHIPS V: VEGGIE BAR F: FRUIT- VARIETY D: MILK -FF &amp; 1% PGV: CHEF SALAD PGV:VEGETARIAN GRAIN BOWL PGV: GRAB &amp; GO MEAL *SALAD DRESSING * MIRACLE WHIP * KETCHUP * BBQ SAUCE SALSA * SOUR CREAM</p>
<p style="text-align: right;"><b>Oct 4</b></p> <p>"DAILY HOMESTYLE" Choose 1 Meal Option PG: HOT DOG OR CHILI DOG BOLD PRIMO PIZZA P/G/V: SUB STATION</p> <p>-----</p> <p>"DAILY SIDES" (CHOOSE MIN. 2) V: EVER-CRISP FRIES V: CORN V: VEGGIE BAR F: FRUIT- VARIETY D: MILK -FF &amp; 1% PGV: CHEF SALAD PGV:VEGETARIAN GRAIN BOWL PGV: GRAB &amp; GO MEAL *SALAD DRESSING * MIRACLE WHIP * KETCHUP * BBQ SAUCE</p>	<p style="text-align: right;"><b>Oct 5</b></p> <p>"DAILY HOMESTYLE" Choose 1 Meal Option PG: "WILD MIKES" CHEESE BITES P/G: STFD CRUST PIZZA P/G/V: SUB STATION</p> <p>-----</p> <p>"DAILY SIDES" (CHOOSE MIN. 2) V: TOMATO SOUP V: VEGGIE BAR F: FRUIT- VARIETY D: MILK -FF &amp; 1% PGV: CHEF SALAD PGV:VEGETARIAN GRAIN BOWL PGV: GRAB &amp; GO MEAL *SALAD DRESSING * MIRACLE WHIP * KETCHUP * BBQ SAUCE</p>	<p style="text-align: right;"><b>Oct 6</b></p> <p>"DAILY HOMESTYLE" Choose 1 Meal Option PG:PHILLY CHEESESTEAK* BOLD PRIMO PIZZA P/G/V: SUB STATION</p> <p>-----</p> <p>"DAILY SIDES" (CHOOSE MIN. 2) V: CURLY FRIES V: VEGGIE BAR F: FRUIT- VARIETY D: MILK -FF &amp; 1% PGV: CHEF SALAD PGV:VEGETARIAN GRAIN BOWL PGV: GRAB &amp; GO MEAL *SALAD DRESSING * KETCHUP * BBQ SAUCE</p>	<p style="text-align: right;"><b>Oct 7</b></p> <p>"DAILY HOMESTYLE" Choose 1 Meal Option PG:CHICKEN/NOODLES P/G: STFD CRUST PIZZA P/G/V: SUB STATION</p> <p>-----</p> <p>"DAILY SIDES" (CHOOSE MIN. 2) V: MASHED POTATOES CHICKEN GRAVY V: STEAMED CARROTS F: FRUIT- VARIETY V: VEGGIE BAR G: WHEAT ROLL D: MILK -FF &amp; 1% PGV: CHEF SALAD PGV:VEGETARIAN GRAIN BOWL PGV: GRAB &amp; GO MEAL *SALAD DRESSING * MIRACLE WHIP</p>	<p style="text-align: right;"><b>Oct 8</b></p> <p>"DAILY HOMESTYLE" Choose 1 Meal Option PG:CHEESY CHICKEN ENCHILADA NACHOS BOLD PRIMO PIZZA P/G/V: SUB STATION</p> <p>-----</p> <p>"DAILY SIDES" (CHOOSE MIN. 2) V: MIXED VEGETABLES V: VEGGIE BAR F: FRUIT- VARIETY G:CINNAMON BREADSTICK D: MILK -FF &amp; 1% PGV: CHEF SALAD PGV: GRAB &amp; GO MEAL PGV:VEGETARIAN GRAIN BOWL *SALAD DRESSING * MIRACLE WHIP * KETCHUP * BBQ SAUCE SALSA * SOUR CREAM</p>

Oct 11

NO SCHOOL TODAY  
COLUMBUS DAY

Oct 12

"DAILY HOMESTYLE"  
Choose 1 Meal Option  
SLOPPY JOE'S  
P/G: STFD CRUST  
PIZZA  
P/G/V: SUB STATION  
"DAILY SIDES"  
(CHOOSE MIN. 2)  
V: EVER-CRISP FRIES  
V: GREEN BEANS  
V: VEGGIE BAR  
F: FRUIT- VARIETY  
D: MILK -FF & 1%  
PGV: CHEF SALAD  
PGV:VEGETARIAN GRAIN BOWL  
PGV: GRAB & GO MEAL  
\*SALAD DRESSING  
\* MIRACLE WHIP  
KETCHUP

Oct 13

"DAILY HOMESTYLE"  
Choose 1 Meal Option  
PG: BRD. CHICKEN  
DRUMSTICK  
BOLD PRIMO PIZZA  
P/G/V: SUB STATION  
-----  
"DAILY SIDES"  
(CHOOSE MIN. 2)  
V: MASHED POTATOES  
CHICKEN GRAVY  
V: STEAMED CARROTS  
V: VEGGIE BAR  
F: FRUIT- VARIETY  
G: HOT WHEAT ROLL  
D: MILK -FF & 1%  
PGV: CHEF SALAD  
PGV:VEGETARIAN GRAIN BOWL  
PGV: GRAB & GO MEAL  
\*SALAD DRESSING  
\* MIRACLE WHIP  
\* KETCHUP  
\* BBQ SAUCE

Oct 14

"DAILY HOMESTYLE"  
Choose 1 Meal Option  
P: HOMEMADE BEEF CHILI  
& CRACKERS  
P/G: STFD CRUST  
PIZZA  
P/G/V: SUB STATION  
"DAILY SIDES"  
(CHOOSE MIN. 2)  
V: POTATO SMILES  
V: VEGGIE BAR  
CINNAMON ROLL  
F: FRUIT- VARIETY  
D: MILK -FF & 1%  
PGV: CHEF SALAD  
PGV:VEGETARIAN GRAIN BOWL  
PGV: GRAB & GO MEAL  
\*SALAD DRESSING  
\* MIRACLE WHIP  
KETCHUP

Oct 15

"DAILY HOMESTYLE"  
Choose 1 Meal Option  
"BUILD A TACO"  
PGV: BEEF OR CHICKEN  
BOLD PRIMO PIZZA  
P/G/V: SUB STATION  
-----  
"DAILY SIDES"  
(CHOOSE MIN. 2)  
G: SCOOP TORTILLA CHIPS  
V: VEGGIE BAR  
F: FRUIT- VARIETY  
D: MILK -FF & 1%  
PGV: CHEF SALAD  
PGV:VEGETARIAN GRAIN BOWL  
PGV: GRAB & GO MEAL  
\*SALAD DRESSING  
\* MIRACLE WHIP  
\* KETCHUP  
\* BBQ SAUCE  
SALSA  
\* SOUR CREAM

Oct 18

"DAILY HOMESTYLE"  
Choose 1 Meal Option  
PG: CHSE.BURGER\*B  
GARDEN VEGETARIAN  
BURGER  
BOLD PRIMO PIZZA  
P/G/V: SUB STATION  
-----  
"DAILY SIDES"  
(CHOOSE MIN. 2)  
V: EVER-CRISP FRIES  
V: CORN  
V: VEGGIE BAR  
F: FRUIT- VARIETY  
D: MILK -FF & 1%  
PGV: CHEF SALAD  
PGV:VEGETARIAN GRAIN BOWL  
PGV: GRAB & GO MEAL  
\*SALAD DRESSING  
\* MIRACLE WHIP  
\* KETCHUP  
\* BBQ SAUCE

Oct 19

"DAILY HOMESTYLE"  
Choose 1 Meal Option  
P/G: ALFREDO CHICKEN  
PIZZA  
P/G/V: SUB STATION  
-----  
"DAILY SIDES"  
(CHOOSE MIN. 2)  
V: STEAMED CARROTS  
F: FRUIT- VARIETY  
G: GARLIC TOAST  
D: MILK -FF & 1%  
PGV: CHEF SALAD  
PGV: GRAB & GO MEAL  
PGV:VEGETARIAN GRAIN BOWL  
\*SALAD DRESSING  
\* MIRACLE WHIP

Oct 20

"DAILY HOMESTYLE"  
Choose 1 Meal Option  
PG: CHICKEN TENDERS  
BOLD PRIMO PIZZA  
P/G/V: SUB STATION  
-----  
"DAILY SIDES"  
(CHOOSE MIN. 2)  
V: MASHED POTATOES  
CHICKEN GRAVY  
V: VEGGIE BAR  
F: FRUIT- VARIETY  
G: HOT WHEAT ROLL  
D: MILK -FF & 1%  
PGV: CHEF SALAD  
PGV:VEGETARIAN GRAIN BOWL  
PGV: GRAB & GO MEAL  
\*SALAD DRESSING  
\* MIRACLE WHIP  
\* KETCHUP  
\* BBQ SAUCE

Oct 21

NO SCHOOL TODAY  
PARENT/TEACHER  
CONFERENCES

Oct 22

NO SCHOOL TODAY  
PARENT/TEACHER  
CONFERENCES

Oct 25

"DAILY HOMESTYLE"  
Choose 1 Meal Option  
PG:CHICKEN PATTY  
BOLD PRIMO PIZZA  
P/G/V: SUB STATION  
-----  
"DAILY SIDES"  
(CHOOSE MIN. 2)  
V:SCALLOPED POTATOES  
V: VEGGIE BAR  
F: HOT CINNAMON APPLES  
F: FRUIT- VARIETY  
D: MILK -FF & 1%  
PGV: CHEF SALAD  
PGV:VEGETARIAN GRAIN BOWL  
PGV: GRAB & GO MEAL  
\*SALAD DRESSING  
\* MIRACLE WHIP  
\* KETCHUP  
\* BBQ SAUCE

Oct 26

"DAILY HOMESTYLE"  
Choose 1 Meal Option  
PG: SPAGHETTI &  
MEAT SAUCE \*B  
P/G: STFD CRUST  
PIZZA  
P/G/V: SUB STATION  
-----  
"DAILY SIDES"  
(CHOOSE MIN. 2)  
V: GREEN BEANS  
V: VEGGIE BAR  
F: FRUIT- VARIETY  
G:TWISTED BREADSTICK  
D: MILK -FF & 1%  
PGV: CHEF SALAD  
PGV:VEGETARIAN GRAIN BOWL  
PGV: GRAB & GO MEAL  
\*SALAD DRESSING  
\* MIRACLE WHIP  
\* KETCHUP  
\* BBQ SAUCE

Oct 27

"DAILY HOMESTYLE"  
Choose 1 Meal Option  
PG: CORN DOG \*C  
BOLD PRIMO PIZZA  
P/G/V: SUB STATION  
-----  
"DAILY SIDES"  
(CHOOSE MIN. 2)  
V: TATER TOTS  
V: MIXED VEGETABLES  
V: VEGGIE BAR  
F: FRUIT- VARIETY  
D: MILK -FF & 1%  
PGV: CHEF SALAD  
PGV:VEGETARIAN GRAIN BOWL  
PGV: GRAB & GO MEAL  
\*SALAD DRESSING  
\* MIRACLE WHIP  
\* KETCHUP  
\* BBQ SAUCE

Oct 28

"DAILY HOMESTYLE"  
Choose 1 Meal Option  
P: MEATLOAF\*B  
P/G: STFD CRUST  
PIZZA  
P/G/V: SUB STATION  
-----  
"DAILY SIDES"  
(CHOOSE MIN. 2)  
V: MASHED POTATOES  
BROWN GRAVY  
V: CORN  
V: VEGGIE BAR  
F: FRUIT- VARIETY  
G: HOT WHEAT ROLL  
D: MILK -FF & 1%  
PGV: CHEF SALAD  
PGV:VEGETARIAN GRAIN BOWL  
PGV: GRAB & GO MEAL  
\*SALAD DRESSING  
\* MIRACLE WHIP  
\* KETCHUP

Oct 29

"DAILY HOMESTYLE"  
Choose 1 Meal Option  
PG: TANGERINE CHICKEN  
BOLD PRIMO PIZZA  
P/G/V: SUB STATION  
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"DAILY SIDES"  
(CHOOSE MIN. 2)  
BROWN RICE  
V: BROCCOLI  
V: VEGGIE BAR  
F: FRUIT- VARIETY  
G:HONEY BISCUIT  
D: MILK -FF & 1%  
PGV: CHEF SALAD  
PGV:VEGETARIAN GRAIN BOWL  
PGV: GRAB & GO MEAL  
\*SALAD DRESSING  
\* MIRACLE WHIP

## Dunlap High School

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

Extra milk and Ala Carte food items will need to be purchased they are not free. Use the Myschoolbucks link to add lunch money.

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

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**Dunlap High School Lunch Price - FREE (school year 21-22)**

**Reduced Lunch Price- FREE (school year 21-22)**

**Milk only - .45 ea.**

**Adult/Guest Meal Price - \$3.75**

**"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**

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**2021-22 Household Meal Applications are available for everyone throughout the school year.**

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

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

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**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](mailto:lleitner@dunlapcusd.net)**

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**Welcome Back We Missed You!**

**Have a Safe and Wonderful School Year!**