

AUGUST MENU

2022-23 Elementary lunch price \$2.40 (Milk included w/meal)

Milk only - .45

2022-23 Household Free/Reduced Application

MyschoolApps Link Below

<https://www.dunlapcusd.net/departments/food-service>

Monday

15

TEACHER'S INSTITUTE
NO SCHOOL TODAY

Tuesday

16

TEACHER'S INSTITUTE
NO SCHOOL TODAY

Wednesday

17

PG: CHICKEN TENDERS
G: WHEAT ROLL
~OR~
VEGAN
P: CHOC CHICKPEA SPREAD
G: WHOLE GRAIN FLATBREAD
"DAILY SIDES"
(CHOOSE MIN. 2)
V: MASHED POTATOES
CHICKEN GRAVY
V: GREEN BEANS
F: Assorted Fruit
D: MILK -FF & 1%
OR*
PGV: GARDEN CHEF
KETCHUP
* RANCH DRESSING

Thursday

18

"BRUNCH FOR LUNCH"
P: CHEESE OMELET and
G: FRENCH TOAST STICKS
~OR~
VEGAN
P: CHOC CHICKPEA SPREAD
G: WHOLE GRAIN FLATBREAD
"DAILY SIDES"
(CHOOSE MIN. 2)
V: MASHED POTATOES
CHICKEN GRAVY
V: BABY CARROTS
F: Assorted Fruit
D: MILK -FF & 1%
OR*
PGV: GARDEN CHEF
KETCHUP
* SALSA
* SYRUP
* RANCH DRESSING

Friday

19

"MEATLESS"
PG: BOSCO STICKS
~OR~
VEGAN
P: CHOC CHICKPEA SPREAD
G: WHOLE GRAIN FLATBREAD
"DAILY SIDES"
(CHOOSE MIN. 2)
V: CORN
V: TOSSED SIDE SALAD
F: Assorted Fruit
G: TEDDY GRAHAMS
D: MILK -FF & 1%
OR*
PGV: GARDEN CHEF
* RANCH DRESSING

22

PG: CHSE.BURGER*B
~OR~
VEGAN
P: CHOC CHICKPEA SPREAD
G: WHOLE GRAIN FLATBREAD
"DAILY SIDES"
(CHOOSE MIN. 2)
V: EVER-CRISP FRIES
V: BAKED BEANS
F: Assorted Fruit
D: MILK -FF & 1%
OR*
PGV: GARDEN CHEF
KETCHUP
* RANCH DRESSING

23

PG: MINI CORN DOGS*C
~OR~
VEGAN
P: CHOC CHICKPEA SPREAD
G: WHOLE GRAIN FLATBREAD
"DAILY SIDES"
(CHOOSE MIN. 2)
V: SWEET FRIES
V: MIXED VEGETABLES
F: JUICE SLUSHIE
F: Assorted Fruit
D: MILK -FF & 1%
OR*
PGV: GARDEN CHEF
* KETCHUP
* RANCH DRESSING

24

PG: SPAGHETTI &
MEAT SAUCE *B
G: BREADSTICK
~OR~
VEGAN
P: CHOC CHICKPEA SPREAD
G: WHOLE GRAIN FLATBREAD
"DAILY SIDES"
(CHOOSE MIN. 2)
V: BROCCOLI
F: Assorted Fruit
D: MILK -FF & 1%
OR*
PGV: GARDEN CHEF
* RANCH DRESSING

25

PG: CHICKEN NUGGETS
~OR~
VEGAN
P: CHOC CHICKPEA SPREAD
G: WHOLE GRAIN FLATBREAD
"DAILY SIDES"
(CHOOSE MIN. 2)
V: MASHED POTATOES
CHICKEN GRAVY
V: GREEN BEANS
F: Assorted Fruit
D: MILK -FF & 1%
OR*
PGV: GARDEN CHEF
KETCHUP
* RANCH DRESSING

26

"MEATLESS"
PG: WG CHEESE PIZZA
~OR~
VEGAN
P: CHOC CHICKPEA SPREAD
G: WHOLE GRAIN FLATBREAD
"DAILY SIDES"
(CHOOSE MIN. 2)
V: CORN
V: TOSSED SIDE SALAD
F: Assorted Fruit
G: FRESH BAKED COOKIE
D: MILK -FF & 1%
OR*
PGV: GARDEN CHEF
* RANCH DRESSING

29

PG: CHICKEN PATTY
~OR~
VEGAN
P: CHOC CHICKPEA SPREAD
G: WHOLE GRAIN FLATBREAD
"DAILY SIDES"
(CHOOSE MIN. 2)
V: EVER-CRISP FRIES
V: BROCCOLI
F: Assorted Fruit
D: MILK -FF & 1%
OR*
PGV: GARDEN CHEF
KETCHUP
* RANCH DRESSING

30

PG: NACHOS GRANDE *B
G: CINNAMON
BREADSTICK
~OR~
VEGAN
P: CHOC CHICKPEA SPREAD
G: WHOLE GRAIN FLATBREAD
"DAILY SIDES"
(CHOOSE MIN. 2)
V: CHEESY REFRIED
BEANS
F: FRUIT- VARIETY
D: MILK -FF & 1%
OR*
PGV: GARDEN CHEF
* SALSA
* RANCH DRESSING

31

PG: GRILLED CHEESE
~OR~
VEGAN
P: CHOC CHICKPEA SPREAD
G: WHOLE GRAIN FLATBREAD
"DAILY SIDES"
(CHOOSE MIN. 2)
V: SWEET FRIES
V: STEAMED CARROTS
F: Assorted Fruit
D: MILK -FF & 1%
OR*
PGV: GARDEN CHEF
KETCHUP
* RANCH DRESSING

******SCHOOL MEALS WILL NOT BE FREE FOR ALL STUDENTS THIS YEAR******

Students bringing a lunch from home and needing milk or bottled water will need to purchase those items. Milk only comes with school lunch.

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**
-

2022-23 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 TO ALL OUR STUDENTS AND STAFF!