

# AUGUST MENU

## 2022-23 DMS/DVM lunch price \$2.60

(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

DAILY ENTREE - PICK 1  
PG: CHICKEN TENDERS  
G: WHEAT ROLL  
~OR~  
PG: UNCRUSTABLE  
OR\*  
VEGAN  
P: CHOC CHICKPEA SPREAD  
G: WHOLE GRAIN FLATBREAD

DAILY SIDES-PICK 2  
V: MASHED POTATOES  
CHICKEN GRAVY  
V: GREEN BEANS  
V: VEGGIE BAR  
F: FRUIT- VARIETY  
D: MILK -FF & 1%  
PGV; GRAB & GO MEAL

\* KETCHUP  
\* BBQ SAUCE  
MARGARINE  
\* RANCH DRESSING

### Thursday

18

DAILY ENTREE - PICK 1  
P: CHEESE OMELET and  
G: FRENCH TOAST  
~OR~  
PG: UNCRUSTABLE  
OR\*  
VEGAN  
P: CHOC CHICKPEA SPREAD  
G: WHOLE GRAIN FLATBREAD

DAILY SIDES-PICK 2  
V: POTATO TRIANGLE  
V: VEGGIE BAR  
F: FRUIT- VARIETY  
D: MILK -FF & 1%  
PGV; GRAB & GO MEAL

\* SYRUP  
\* KETCHUP  
\* SALSA  
\* RANCH DRESSING

### Friday

19

"MEATLESS"  
DAILY ENTREE - PICK 1  
PG: BOSCO STICKS  
PG: UNCRUSTABLE  
~OR~  
VEGAN  
P: CHOC CHICKPEA SPREAD  
G: WHOLE GRAIN FLATBREAD

DAILY SIDES-PICK 2  
V: CORN  
V: VEGGIE BAR  
F: FRUIT- VARIETY  
G: FRESH BAKED COOKIE  
D: MILK -FF & 1%  
PGV; GRAB & GO MEAL

\* SYRUP  
\* KETCHUP  
\* SALSA  
\* RANCH DRESSING

22

DAILY ENTREE - PICK 1  
PG: CHSE.BURGER\*B  
PG: UNCRUSTABLE  
~OR~  
VEGAN  
P: CHOC CHICKPEA SPREAD  
G: WHOLE GRAIN FLATBREAD

DAILY SIDES-PICK 2  
V: EVER-CRISP FRIES  
V: BAKED BEANS  
V: VEGGIE BAR  
F: FRUIT- VARIETY  
D: MILK -FF & 1%  
PGV; GRAB & GO MEAL

\* KETCHUP  
\* MUSTARD  
\* RANCH DRESSING

23

DAILY ENTREE - PICK 1  
P/G: TANGERINE CHICKEN  
OVER RICE  
PG: UNCRUSTABLE  
~OR~  
VEGAN  
P: CHOC CHICKPEA SPREAD  
G: WHOLE GRAIN FLATBREAD

DAILY SIDES-PICK 2  
V: BROCCOLI  
V: VEGGIE BAR  
F: FRUIT- VARIETY  
D: MILK -FF & 1%  
PGV; GRAB & GO MEAL

\* RANCH DRESSING

24

DAILY ENTREE - PICK 1  
PG: SPAGHETTI &  
MEAT SAUCE \*B  
G: BREADSTICK  
~OR~  
PG: UNCRUSTABLE  
OR\*  
VEGAN  
P: CHOC CHICKPEA SPREAD  
G: WHOLE GRAIN FLATBREAD

DAILY SIDES-PICK 2  
V: STEAMED CARROTS  
V: VEGGIE BAR  
F: FRUIT- VARIETY  
D: MILK -FF & 1%  
PGV; GRAB & GO MEAL

\* PARMESAN CHEESE  
\* RANCH DRESSING

25

DAILY ENTREE - PICK 1  
PG: CHICKEN NUGGETS  
G: WHEAT ROLL  
~OR~  
PG: UNCRUSTABLE  
OR\*  
VEGAN  
P: CHOC CHICKPEA SPREAD  
G: WHOLE GRAIN FLATBREAD

DAILY SIDES-PICK 2  
V: MASHED POTATOES  
CHICKEN GRAVY  
V: GREEN BEANS  
V: VEGGIE BAR  
F: FRUIT- VARIETY  
D: MILK -FF & 1%  
PGV; GRAB & GO MEAL

\* KETCHUP  
\* BBQ SAUCE  
MARGARINE  
\* RANCH DRESSING

26

"MEATLESS"  
DAILY ENTREE - PICK 1  
P/G: CHEESE PIZZA  
PG: VEGETABLE PIZZA  
UNCRUSTABLE  
OR\*  
VEGAN  
P: CHOC CHICKPEA SPREAD  
G: WHOLE GRAIN FLATBREAD

DAILY SIDES-PICK 2  
V: CORN  
V: VEGGIE BAR  
F: Assorted Fruit  
G: FRESH BAKED COOKIE  
D: MILK -FF & 1%  
PGV; GRAB & GO MEAL

\* RANCH DRESSING

DAILY ENTREE - PICK 1  
 PG: CHICKEN PATTY  
 PG: UNCRUSTABLE  
 -OR-  
 VEGAN  
 P: CHOC CHICKPEA SPREAD  
 G: WHOLE GRAIN FLATBREAD  
 ~  
 DAILY SIDES-PICK 2  
 V: EVER-CRISP FRIES  
 V: BROCCOLI  
 V: VEGGIE BAR  
 F: FRUIT- VARIETY  
 D: MILK -FF & 1%  
 PGV; GRAB & GO MEAL  
 \*~\*  
 \* KETCHUP  
 \* MIRACLE WHIP  
 \* BBQ SAUCE  
 \* RANCH DRESSING

DAILY ENTREE - PICK 1  
 PG: NACHOS GRANDE \*B  
 CHURRO  
 -OR-  
 PG: UNCRUSTABLE  
 OR\*  
 VEGAN  
 P: CHOC CHICKPEA SPREAD  
 G: WHOLE GRAIN FLATBREAD  
 ~  
 DAILY SIDES-PICK 2  
 V: CHEESY REFRIED  
 BEANS  
 V: VEGGIE BAR  
 F: FRUIT- VARIETY  
 D: MILK -FF & 1%  
 PGV; GRAB & GO MEAL  
 \*~\*  
 \* SALSA  
 \* RANCH DRESSING

DAILY ENTREE - PICK 1  
 PG: GRILLED CHEESE  
 UNCRUSTABLE  
 OR\*  
 P: CHOC CHICKPEA SPREAD  
 G: WHOLE GRAIN FLATBREAD  
 VEGAN  
 ~  
 DAILY SIDES-PICK 2  
 V: SWEET FRIES  
 V: VEGGIE BAR  
 G: FRESH BAKED COOKIE  
 F: Assorted Fruit  
 D: MILK -FF & 1%  
 PGV; GRAB & GO MEAL  
 \*~\*  
 \* RANCH DRESSING

**Dunlap Middle/Valley Schools**

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

**Ala Carte food and drink items will be available to purchase**

**Lunch money can be added using the Myschoolbucks link below.**

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

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**"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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**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.**

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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 TO ALL OUR STUDENTS AND STAFF!**