



# The Demon Cafe' - Dover Intermediate School

## Lunch Menu - September 2023

Student Lunch - \$3.00 \* Student Milk - \$0.65 \* Adult Lunch \$5.00 \* Adult Milk - \$0.85

### WHAT'S FOR LUNCH...Make it a combo! Why not take all 5 Components?

Full student lunch includes choice of meat or meat alternate, whole grain bread and/or grains, vegetable, fruit or juice choice and choice of 1% unflavored skim or fat free flavored milk. Students must take a 1/2 cup of fruit or vegetable with each lunch. NOTE: The cafe' uses a variety of pork, ham & some products that may contain artificial sweetener. Products may be produced in a manufactured that also processes milk, egg, wheat, soy, peanuts and tree nuts. Lunch Menu Subject to Change without Notice.

NOTE: Beginning on August 23, 2023, reduced-price meals for the 2023-2024 school year will be free for qualifying students with reduced-price eligibility. The State of Ohio budget will cover the cost of \$0.40 per reduced lunch served. Families must submit a free/reduced meal application to verify eligibility.

	MONDAY September 4	TUESDAY September 5	WEDNESDAY September 6	THURSDAY September 7	FRIDAY September 8
MAIN ENTRÉE		Cinnamon French Toast Sticks Syrup Cup	Turkey & Cheese Croissant Choice of Baked Chips	Hungry Howies Pizza (Cheese or Pepperoni)	All Beef Corn Dog
SECOND CHOICE Vegetarian	<b>NO SCHOOL Labor Day</b>	Personal Pan Pizza	Bosco Cheesy Breadsticks Marinara Sauce for Dipping		Creamy Homemade Macaroni & Cheese w/WG Muffin
THIRD CHOICE		Yogurt Parfait/WG Muffin	Yogurt Parfait w/Donut Holes	Yogurt Parfait/WG Muffin	Yogurt Parfait/Banana Bread/String Cheese
FOURTH CHOICE		Hummus Wrap w/Cheese & Veggie	Salad w/Popcorn Chix & Crackers	Hummus Wrap w/Cheese & Veggie	Salad w/Popcorn Chix & Crackers
VEGGIE CHOICES		Fresh Veggie Cup w/Ranch Broccoli or Cauliflower w/Ranch Assorted Fruit or Juice Choice of Milk	Small Side Salad w/Dressing Fresh Baby Carrots Assorted Fruit Choice of Milk	Fresh Veggie Cup w/Ranch Baked Emoji Potato Assorted Fruit or Juice Choice of Milk	Small Side Salad w/Dressing Baked Beans Assorted Fruit & Choice of Milk <i>All Lunches: Local Dough Go's Cookie</i>
	September 11	September 12	September 13	September 14	September 15
MAIN ENTRÉE	Chicken Tenders Whole Grain Crackers	Chicken & Cheese Quesadilla	All Beef Hot Dog on Whole Grain Bun	Jet's Pizza (Cheese or Pepperoni)	Fiestada Pizza Salsa
SECOND CHOICE Vegetarian	Bosco Cheesy Breadsticks Marinara Sauce for Dipping	Bean & Cheese Burrito	Dutch Waffle Danimals Yogurt Cup		Soft Pretzel w/Cheese Sauce Danimal Yogurt Cup
THIRD CHOICE	Yogurt Parfait/Banana Bread	Yogurt Parfait/WG Muffin	Yogurt Parfait w/Donut Holes	Yogurt Parfait/WG Muffin	Yogurt Parfait/Banana Bread/String Cheese
FOURTH CHOICE	Salad w/Popcorn Chix & Crackers	Hummus Wrap w/Cheese & Veggie	Salad w/Popcorn Chix & Crackers	Hummus Wrap w/Cheese & Veggie	Salad w/Popcorn Chix & Crackers
VEGGIE CHOICES	Small Side Salad w/Dressing Steamed Corn Assorted Fruit Choice of Milk	Fresh Veggie Cup w/Ranch Fiesta Beans Assorted Fruit or Juice Choice of Milk	Small Side Salad w/Dressing Fresh Baby Carrots Assorted Fruit Choice of Milk	Fresh Veggie Cup w/Ranch Baked Waffle Fries Assorted Fruit or Juice Choice of Milk	Small Side Salad w/Dressing Fresh Broccoli w/Ranch Assorted Fruit Choice of Milk
	September 18	September 19	September 20	September 21	September 22
MAIN ENTRÉE	Popcorn Chicken Mini Pierogies	Turkey & Cheese Croissant Choice of Baked Chips	Mini Blueberry Pancakes Chicken Sausage Patty	Hungry Howies Pizza (Cheese or Pepperoni)	Fiestada Pizza Salsa
SECOND CHOICE Vegetarian	Fish Sandwich WG Bun	Garlic Cheese Pizza Marinara Sauce for Dipping	Bosco Cheesy Breadsticks Marinara Sauce for Dipping		Homemade Creamy Mac & Cheese WG Blueberry Muffin
THIRD CHOICE	Yogurt Parfait/Banana Bread	Yogurt Parfait/Banana Bread	Yogurt Parfait w/Donut Holes	Yogurt Parfait/Banana Bread	Yogurt Parfait/Banana Bread/String Cheese
FOURTH CHOICE	Salad w/Popcorn Chicken WG Soft Roll or WG Crackers	Garden Salad w/Egg & Cheese WG Soft Roll or WG Crackers	Salad w/Popcorn Chicken WG Soft Roll or WG Crackers	Garden Salad w/Egg & Cheese WG Soft Roll or WG Crackers	Salad w/Popcorn Chicken WG Soft Roll or WG Crackers
VEGGIE CHOICES	Small Side Salad w/Dressing Steamed Corn Assorted Fruit Choice of Milk	Fresh Veggie Cup w/Ranch Steamed Green Beans Assorted Fruit or Juice & Milk <i>All Lunches: Local Dough Go's Cookie</i>	Small Side Salad w/Dressing Steamed Carrots Assorted Fruit Choice of Milk	Fresh Veggie Cup w/Ranch Baked Tater Tots Assorted Fruit or Juice Choice of Milk	Small Side Salad w/Dressing Baked Beans Assorted Fruit Choice of Milk
	September 25	September 26	September 27	September 28	September 29
MAIN ENTRÉE	Turkey Swiss Melt Sandwich	Waking Seasoned Beef Tacos w/Cheese & Lettuce	Chicken Mashed Potato Bowl WG Soft Roll	Jet's Pizza (Cheese or Pepperoni)	All Beef Hot Dog on WG Bun
SECOND CHOICE Vegetarian	Bosco Cheesy Breadsticks Marinara Sauce for Dipping	Baked Potato w/Cheese Sauce Twisted Garlic Breadstick	French Toast Sticks w/Syrup	Margherita Flatbread Pizza	Lasagna Roll Ups w/Marinara Sauce Garlic Toast
THIRD CHOICE	Yogurt Parfait/Banana Bread	Yogurt Parfait/Banana Bread	Yogurt Parfait w/Donut Holes	Yogurt Parfait/WG Banana Bread	Yogurt Parfait/Banana Bread/String Cheese
FOURTH CHOICE	Salad w/Popcorn Chix & Crackers	Hummus Wrap w/Cheese & Veggie	Salad w/Popcorn Chix & Crackers	Hummus Wrap w/Cheese & Veggie	Salad w/Popcorn Chix & Crackers
VEGGIE CHOICES	Small Side Salad w/Dressing Steamed Broccoli Assorted Fruit Choice of Milk	Fresh Veggie Cup w/Ranch Steamed Corn Assorted Fruit or Juice Choice of Milk	Small Side Salad w/Dressing Mashed Potatoes Assorted Fruit Choice of Milk	Fresh Veggie Cup w/Ranch Baked Potato Smiles Assorted Fruit or Juice Choice of Milk	Small Side Salad w/Dressing Baked Beans Assorted Fruit Choice of Milk

This institution is an equal opportunity provider