

# 21 Day Lunch Cycle Menu

## Grade K-5

### Downingtown Area School District

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Patty Sandwich Sweet Potato Fries  <b>Options:</b> Black Bean Burger on Bun* Sandwich of the Day Salad of the Day	2 Tandoori Chicken w/ Rice  <b>Options:</b> Cheese Pizza* Sandwich of the Day Salad of the Day	3 White Meat Chicken Nuggets Whole Grain Roll  <b>Options:</b> Mozzarella Sticks/Bread Stick* Sandwich of the Day Salad of the Day	4 Grilled Cheese Sandwich* Tomato Soup  <b>Options:</b> Hot Dog on Bun Sandwich of the Day Salad of the Day	5 Turkey Nachos/Cheese/Refried Beans Salsa  <b>Options:</b> Bean/Cheese Nachos* Sandwich of the Day Salad of the Day
6 Orange Chicken Rice Bowl Whole Grain Roll  <b>Options:</b> Sun Butter/Jelly Sandwich* Sandwich of the Day Salad of the Day	7 Meatball Sub Oven Baked French Fries  <b>Options:</b> Beef Sliders on Bun Sandwich of the Day – Vegetarian* Salad of the Day	8 Cheeseburger on Bun Tomato /Mozzarella Salad  <b>Options:</b> Sun Butter/Jelly Sandwich* Sandwich of the Day Salad of the Day	9 Pancakes* & Sausage Patty Tater Tots  <b>Options:</b> Chicken Pattie Sandwich Sandwich of the Day – Vegetarian* Salad of the Day	10 Chicken Wings / FF Ranch Dressing  <b>Options:</b> Cheese Pizza* Sandwich of the Day Salad of the Day
11 Fish Sticks/Macaroni & Cheese/ Garlic Bread Stick  <b>Options:</b> Cheeseburger on Bun Sandwich of the Day- Vegetarian* Salad of the Day	12 Philly Cheese Steak Sandwich Oven Baked Sweet Potatoes  <b>Options:</b> Warm Ham & Cheese on Croissant Sandwich of the Day – Vegetarian* Salad of the Day	13 Baked Ziti*/Garlic Breadstick  <b>Options:</b> Homemade Cheese Pizza* Sandwich of the Day Salad of the Day	14 Walking Turkey Nachos  <b>Options:</b> Walking Lentil Chili* Sandwich of the Day Salad of the Day	15 General Tso Chicken over Rice Jicama Strips  <b>Options:</b> Chik'n Nuggets* Sandwich of the Day Salad of the Day
16 Hamburger /Cheese on Bun Oven Baked French Fries  <b>Options:</b> Sun Butter/Jelly Sandwich* Sandwich of the Day Salad of the Day	17 French Toast Sticks * W/ Sausage Patty  <b>Options:</b> Hamburger Sliders on Rolls Sandwich of the Day – Vegetarian* Salad of the Day	18 French Bread Pizza* Tomato/Mozzarella Salad  <b>Options:</b> Mozzarella Sticks/Bread Stick* Sandwich of the Day Salad of the Day	19 Butter Chicken/Rice/Naan Bread  <b>Options:</b> Cheese Quesadilla* Sandwich of the Day Salad of the Day	20 Buffalo Breaded Chicken Wraps Oven Baked Potato Wedges  <b>Options:</b> Cheese Pizza* Sandwich of the Day Salad of the Day
21 Chicken Patty Sandwich Sweet Potato Fries  <b>Options:</b> Black Bean Burger on Bun* Sandwich of the Day Salad of the Day			Choice of Assorted Fruit, Vegetables, and either 1% White Milk or Fat-free Chocolate Milk with all compliant meals	*Vegetarian Options

Name brand items or equivalent

# 21 Day Lunch Cycle Menu

## Grade 6-8

### Downingtown Area School District

Monday	Tuesday	Wednesday	Thursday	Friday
1 Spicy Chicken Patty Sandwich Seasoned Sweet Potato Fries  <b>Options:</b> Meatball Sandwich Vegetable Burrito*	2 Tandoori Chicken w/ Rice  <b>Options:</b> Sautéed Veggie Pot Stickers* Beef Sliders on Buns	3 White Meat Chicken Nuggets Artesian Roll  <b>Options:</b> Mozzarella Sticks/Bread Stick* Chik'n Nuggets*	4 Grilled Cheese Sandwich* Tomato Soup  <b>Options:</b> Buffalo Breaded Chicken Wrap Homemade Cheese Quesadilla*	5 Turkey Nachos/Cheese/Refried Beans Salsa  <b>Options:</b> Turkey Meatballs with Asian Sauce/Rice Bean/Cheese Nachos*
6 Chicken Fajita w/ Onions & Peppers  <b>Options:</b> Orange Chicken/Edamame Rice Bowl Veggie Humus Wrap*	7 Meatball Sub/Cheese Oven Baked French Fries  <b>Options:</b> Hot Dog on Bun/Toppings Hot Egg and Cheese Croissant*	8 Philly Cheese Steak Bar Baked Potato  <b>Options:</b> Bean & Cheese Burrito* Chik'n Nuggets*	9 Hot Ham and Cheese on Pretzel Roll  <b>Options:</b> Sweet Lentil Chili Lettuce Cups* Mozzarella Sticks*/Garlic Bread	10 Chicken Wings / FF Ranch Dressing  <b>Options:</b> Vegetable Rolls (Roti Rolls)* Beef Sliders on Buns
11 French Toast* Turkey Sausage Pattie  <b>Options:</b> Hot Cheese and Egg Croissant* Max & Cheese/ Bread Stick*	12 BBQ Chicken w/ Honey Biscuit Oven Baked French Fries  <b>Options:</b> Super Stuffed Sweet Potato* Veggie Hummus Wrap*	13 General Tso Chicken and Broccoli over Rice  <b>Options:</b> Chick Pea "Tuna" Salad Wrap* Chicken Pattie Sandwich	14 Chicken Nuggets W/ Sauces Tater Tots  <b>Options:</b> Chik'n Nuggets* Mozzarella Sticks*/Garlic Bread	15 Philly Cheese Steak Sandwich Oven Baked Sweet Potatoes  <b>Options:</b> Warm Egg & Cheese on Croissant* Chicken Egg Roll/Fried Rice
16 Chicken Pattie Sandwich Potato Wedges  <b>Options:</b> Chik'n Nuggets* Mozzarella Sticks/Garlic Bread	17 Turkey Taco Bar / Salsa  <b>Options:</b> Hot Dog on Bun/Toppings Walking Lentil Chili*	18 Butter Chicken/Rice Naan Bread  <b>Options:</b> Chicken Egg Roll/Fried Rice Cheese Quesadilla*	19 Monte Cristo Sandwich  <b>Options:</b> Veggie Hummus Wrap* Homemade Cheese Quesadilla*	20 Fish Tacos with Pineapple Pico  <b>Options:</b> Orange Chicken/Edamame /Rice Bowl Meatball Sub/Cheese
21 Spicy Chicken Patty Sandwich Seasoned Sweet Potato Fries  <b>Options:</b> Meatball Sandwich Vegetable Burrito*			Choice of Assorted Fruit, Vegetables, and either 1% White Milk or Fat-free Chocolate Milk with all compliant meals	*Vegetarian Options

#### Daily Options:

Burger Station \*– Choice of Beef, Turkey, or Bean Burger with all the toppings (Min. 2 options to include Bean Burger daily)

Salad of the Day – To include one of the following: Chef, Taco, Caesar, and Buffalo Chicken with an assortment of fresh greens and local vegetables

Deli Bar \*– Fresh sandwich options (one vegetarian option)

Pizza Station\* – Homemade pizzas with assorted toppings (Min. 2 options)

#### Name brand items or equivalent

