



October 2019

Middle School

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Hot dog & Tater Tots Cheese Burger & Tater Tots Yogurt, Sunflower seeds & Bagelfuls Spinach / Corn Applesauce Mixed Fruit Milk	2 Pizza Turkey Pepperoni Lasagna Roll Up Yogurt, Cheese Stick & Dorito Tossed Salad with Spinach Carrot Sticks/Beets Orange / Pineapple Milk	3 Teriyaki Chicken & Rice Grilled Cheese Yogurt, Cheese stick & Oatmeal Round Broccoli / Cauliflower Fresh Pears Mandarin Orange Milk	4 Turkey Gravy, Potato & Roll Battered Fish Wedge & Cheez-it PBJ, Sunflower Seeds, Cheez-it Green Beans Celery Peaches /Cooks Choice Fruit Milk
7 Burrito Bean & Cheese Chicken Nuggets Yogurt, Cheese stick & Cheez-it Capri Mixed Vegetables Baked Beans / Salsa Pears / Cooks Choice Fruit Milk	8 Chicken Burger & Potato Wedge Corn Dog & Potato Wedge Yogurt, Sunflower seeds & Bagelfuls Corn / Peas Cinnamon Applesauce Mixed Fruit Milk	9 Pizza Turkey Sausage Chili & Dorito Yogurt, Cheese Stick & Dorito Tossed Salad with Spinach Carrot Sticks/Beets Orange / Pineapple Milk	10 Early Release	11 No School
14 Turkey Soft Taco Chicken Strips Yogurt, Cheese stick & Cheez-it Southwest Mixed Vegetables Baked Beans / Salsa Pears / Cooks Choice Fruit Milk	15 Cheese Burger & Tater Tot Hot Dog & Tater Tots Yogurt, Sunflower seeds & Bagelfuls Corn / Spinach Applesauce Mixed Fruit Milk	16 Pizza Cheese Lasagna Roll Up Yogurt, Cheese Stick & Dorito Tossed Salad with Spinach Carrot Sticks/Beets Orange / Pineapple Milk	17 Teriyaki Chicken & Rice Grilled Cheese Yogurt, Cheese stick & Oatmeal Round Broccoli / Cauliflower Kiwi Mandarin Orange Milk	18 Dunker & Dunker Bread Battered Fish Wedge & Cheez-it PBJ, Sunflower Seeds, Cheez-it Green Beans Celery Peaches /Cooks Choice Fruit Milk
21 Burrito Bean & Cheese Chicken Nuggets Yogurt, Cheese stick & Cheez-it Capri Mixed Vegetables Baked Beans / Salsa Pears / Cooks Choice Fruit Milk	22 Corn Dog & French Fries Chicken Burger & French Fries Yogurt, Sunflower seeds & Bagelfuls Corn / Peas Cinnamon Applesauce Mixed Fruit Milk	23 Pizza Turkey Ham & Pineapple Chili & Dorito Yogurt, Cheese Stick & Dorito Tossed Salad with Spinach Carrot Sticks/Beets Orange / Pineapple Milk	24 Mandarin Orange Chicken & Rice Egg Rolls Chicken Yogurt, Cheese stick & Oatmeal Round Broccoli / Cauliflower Apples Mandarin Orange Milk	25 Spaghetti & French Bread Fish Sticks & Cheez-it PBJ, Sunflower Seeds, Cheez-it Green Beans Coleslaw Peaches /Cooks Choice Fruit Milk
28 Chicken Soft Taco Chicken Strips Yogurt, Cheese stick & Cheez-it Southwest Mixed Vegetables Baked Beans / Salsa Pears / Cooks Choice Fruit Milk	29 Hot dog & Tater Tots Cheese Burger & Tater Tots Yogurt, Sunflower seeds & Bagelfuls Spinach / Corn Applesauce Mixed Fruit Milk	30 Pizza Turkey Pepperoni Lasagna Roll Up Yogurt, Cheese Stick & Dorito Tossed Salad with Spinach Carrot Sticks/Beets Orange / Pineapple Milk	31 Teriyaki Chicken & Rice Grilled Cheese Yogurt, Cheese stick & Oatmeal Round Broccoli / Cauliflower Fresh Pears Mandarin Orange Milk	

Baked Beans

Corn

Carrot Sticks

Broccoli

Green Beans

Additional Nutritional Information available at <http://www.ddouglas.k12.or.us/departments/nutrition-services/>

Notice

This institution is an equal opportunity provider.

Menu Subject to change without Notice