

# Durant High School

## October 1-5

Our menus are aligned with the USDAs Healthier U.S. School Challenge.

### SIDES

A MINIMUM OF 6 SIDES OFFERED DAILY WITH LUNCH CHOICES

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety. Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.

### Daily Special

*\*\*The fresh pick for October is kale! Try our colorful and nutrient packed Super Side Salad this month!*

### CREATIONS

|                  |   |
|------------------|---|
| <b>MONDAY</b>    | Pasta Pronto offered with Breadstick & Mixed Vegetables                                   |
| <b>TUESDAY</b>   | Chicken & Waffles offered with Sweet Glazed Carrots                                       |
| <b>WEDNESDAY</b> | Chopstick Creations offered with Steamed Broccoli   |
| <b>THURSDAY</b>  | Frito Chili Pie offered with Golden Corn  |
| <b>FRIDAY</b>    | Crispy Chicken Tenders offered with Mashed Potatoes, Green Beans and a Freshly Baked Roll |

### Daily Special & Everyday

*Hamburger, Cheeseburger Crispy Chicken Sandwich, & Spicy Chicken Sandwich offered Daily!*

### GRILL

|                  |  |
|------------------|--|
| <b>MONDAY</b>    | Popcorn Chicken offered with Tater Tots          |
| <b>TUESDAY</b>   | Popcorn Chicken offered with Western Baked Beans |
| <b>WEDNESDAY</b> | Popcorn Chicken offered with Sweet Potato Fries  |
| <b>THURSDAY</b>  | Popcorn Chicken offered with Potato Wedges       |
| <b>FRIDAY</b>    | Rib-b-que Sandwich offered with French Fries     |

### Daily Special & Everyday

*Cheese and Pepperoni Pizza offered daily*

### PIZZA

*Pizzas are made with low sodium sauce, low fat cheeses and a whole grain crust*

|                  |                             |
|------------------|-----------------------------|
| <b>MONDAY</b>    | Taco Pizza                  |
| <b>TUESDAY</b>   | Pepperoni Calzone           |
| <b>WEDNESDAY</b> | Italian Sausage Pizza       |
| <b>THURSDAY</b>  | Meat Lovers Calzone         |
| <b>FRIDAY</b>    | Spicy Buffalo Chicken Pizza |

### Daily Specials

*Nacho Bar offered daily with variety of Cheese Sauces, Mexican Chicken, Refried Beans & Crumbled Beef*

*\*\*Join us for our special promotion Nacho Usual Nachos on Thursday!*

### SALSA

|                  |  |
|------------------|--|
| <b>MONDAY</b>    | Mexi-Chicken Tacos offered with Refried Beans                          |
| <b>TUESDAY</b>   | Beef Tacos offered with Fiesta Potatoes                                |
| <b>WEDNESDAY</b> | Mexi-Chicken Tacos offered with Frijoles Charros Beans                 |
| <b>THURSDAY</b>  | **Nacho Usual Nachos offered with Mexican Black Beans or Refried Beans |
| <b>FRIDAY</b>    | Chicken Fajitas offered with Refried Beans                             |

### Daily Specials & Everyday

*Turkey, Ham and American Subs made fresh and offered daily*

*Fast Takes products are made daily using local ingredients when seasonally available*

### FAST TAKES

|                  |   |          |
|------------------|---|----------|
| <b>MONDAY</b>    | Hearty Garden Salad or Southwest Turkey Sub               | <b>V</b> |
| <b>TUESDAY</b>   | Chef Salad or Chicken Caesar Flatbread                    |          |
| <b>WEDNESDAY</b> | Southwest BBQ Chicken Salad or Chicken Salad Sub          |          |
| <b>THURSDAY</b>  | Chicken Caesar Salad or Spicy Buffalo Chicken Wrap        |          |
| <b>FRIDAY</b>    | Spicy Buffalo Chicken Salad or Sunbutter & Jelly Sandwich | <b>V</b> |

### **V** Vegetarian

### **M** Mindful

We use menu identifiers in the café to help students recognize Vegetarian & Mindful options. Mindful selections meet specific criteria for fat, sodium & calories.

*This institution is an equal opportunity provider.*

Nutrition Information is available upon request.

CROSSROADS  
**CAFE**  
by sodexo\*