

Durant High School

October 22-26

Our menus are aligned with the USDA's 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

MONDAY	Chopstick Creations offered with Green Beans
TUESDAY	Whole Grain Pancakes, Scrambled Egg & Sausage offered with Sweet Potato Fries
WEDNESDAY	Pasta Pronto offered with Breadstick & Roasted Squash & Zucchini
THURSDAY	Hearty Chili & Cornbread offered with Golden Corn
FRIDAY	Popcorn Chicken Bowl offered with Freshly Baked Roll & Green Beans

Daily Special & Everyday

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

GRILL

MONDAY	Popcorn Chicken offered with Tater Tots
TUESDAY	Popcorn Chicken offered with Western Baked Beans
WEDNESDAY	Popcorn Chicken offered with Sweet Potato Fries
THURSDAY	Popcorn Chicken offered with Potato Wedges
FRIDAY	Grilled Chicken 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

MONDAY	Taco Pizza
TUESDAY	Pepperoni Calzone
WEDNESDAY	Italian Sausage Pizza
THURSDAY	Meat Lovers Calzone
FRIDAY	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

MONDAY	Mexi-Chicken Tacos offered with Refried Beans
TUESDAY	Beef Tacos offered with Fiesta Potatoes
WEDNESDAY	Mexi-Chicken Tacos offered with Frijoles Charros Beans
THURSDAY	**Nacho Usual Nachos
FRIDAY	Cheese Enchilada offered with Refried Beans V

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

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

V Vegetarian

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*