

# Durant High School

## October 8-12

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

<b>MONDAY</b>	Pasta Pronto offered with Breadstick & Mixed Vegetables
<b>TUESDAY</b>	Chicken Pot Pie offered with Green Beans
<b>WEDNESDAY</b>	Chopstick Creations offered with Roasted Squash & Zucchini
<b>THURSDAY</b>	Whole Grain French Toast Sticks, Scrambled Eggs & Sweet Potato Fries
<b>FRIDAY</b>	Crispy Chicken Tenders offered with Mashed Potatoes, Green Peas 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>	Bacon Cheeseburger 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*

### 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>	Beef Enchilada offered with Refried Beans

### Daily Specials & Everyday

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

### FAST TAKES

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

<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\*