

Durant Intermediate and Middle Schools

November 26-30

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



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 November is squash!**



- MONDAY** Sweet & Sour Chicken offered with Lo Mein Pasta & Green Beans
- TUESDAY** Whole Grain Pancakes, Scrambled Eggs & Sausage offered with Sweet Potato Fries
- WEDNESDAY** Beefy Ravioli offered with Breadstick & Roasted Squash & Zucchini
- THURSDAY** Hearty Chili & Cornbread offered with Golden Corn
- FRIDAY** Popcorn Chicken Bowl offered with Mixed Vegetables and Dinner Roll

Daily Special & Everyday



- MONDAY** Chicken Nuggets offered with Dinner Roll & Tater Tots
- TUESDAY** Chicken Nuggets offered with Dinner Roll & Western Baked Beans
- WEDNESDAY** Chicken Nuggets offered with Dinner Roll & Sweet Potato Fries
- THURSDAY** Chicken Nuggets offered with Dinner Roll & Potato Wedges
- FRIDAY** BBQ Chicken Sandwich offered with French Fries



Daily Special & Everyday
Cheese and Pepperoni Pizza offered daily

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

Bean & Cheese Nachos offered daily!

- MONDAY** Chicken Nachos or Tacos offered with Refried Beans
- TUESDAY** Beef Nachos or Tacos offered with Fiesta Potatoes
- WEDNESDAY** Chicken Nachos or Tacos offered with Frijoles Charros Beans
- THURSDAY** Beef Nachos or Tacos offered with Fiesta Potatoes
- FRIDAY** Bean & Cheese Nachos or 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

- 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 Sun-butter & Jelly Sandwich **V**

V **Vegetarian**
SP **Smart Pick**

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

This institution is an equal opportunity provider.

