

Durant Intermediate and Middle Schools

October 1-5

Our menus are aligned with the USDA's 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 October is kale! Try our colorful and nutrient packed Super Side Salad this month!*



- MONDAY** Creamy Mac & Cheese offered with Breadstick & Green Beans **V**
- TUESDAY** Chicken & Waffles offered with Sweet Glazed Carrots
- WEDNESDAY** Sweet & Sour Chicken offered with Lo Mein Pasta & Steamed Broccoli
- THURSDAY** Frito Chili Pie offered with Roasted Squash & Zucchini
- FRIDAY** Crispy Chicken Tenders offered with Mashed Potatoes & Gravy, 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** Rib-b-que 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

***Join us for our special promotion Nacho Usual Nachos on Thursday!
Get creative & put yummy new toppings on your nachos such as pulled BBQ turkey & spicy chorizo!*

- 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** ****Nacho Usual Nachoes offered with Mexican Black Beans or Refried Beans**
- FRIDAY** Bean & Cheese Nachos or Chicken Enchilada Suiza 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*

- MONDAY** Hearty Garden Salad or Southwest Turkey Sub **V**
- TUESDAY** Chef Salad or Chicken Caesar Wrap
- 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.

