

# Durant Intermediate and Middle Schools

## October 15-19

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 October is kale! Try our colorful and nutrient packed Super Side Salad this month!*



- MONDAY** Frito Chili Pie offered with Golden Corn
- TUESDAY** Creamy Mac & Cheese offered with Breadstick & Seasoned Carrots **V**
- WEDNESDAY** No School
- THURSDAY** No School
- FRIDAY** No School

### Daily Special & Everyday



- MONDAY** Chicken Nuggets offered with Dinner Roll & Tater Tots
- TUESDAY** Chicken Nuggets offered with Dinner Roll & Western Baked Beans
- WEDNESDAY** No School
- THURSDAY** No School
- FRIDAY** No School



### 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** Supreme Pizza
- TUESDAY** Pepperoni Calzone
- WEDNESDAY** No School
- THURSDAY** No School
- FRIDAY** No School



### Daily Specials

*\*\*Join us for our special promotion Nacho Usual Nachos on Tuesday! 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** **\*\*Nacho Usual Nachos offered with Mexican Black Beans or Refried Beans**
- WEDNESDAY** No School
- THURSDAY** No School
- FRIDAY** No School **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 Sweet & Spicy Sub **V**
- TUESDAY** Chef Salad or Fiesta Wrap
- WEDNESDAY** No School
- THURSDAY** No School
- FRIDAY** No School **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.*

