

Durant Intermediate and Middle Schools

October 29- November 2

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** Walking Taco offered with Mixed Vegetables
- TUESDAY** Szechuan Beef Stir Fry offered with Brown Rice and Seasoned Carrots
- WEDNESDAY** Cheese Dippers offered with Classic Tomato Soup **V**
- THURSDAY** Spaghetti & Meatballs offered with Green Peas
- FRIDAY** Country Fried Steak offered with Mashed Potatoes & Gravy, Green Beans 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** Grilled 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** Supreme Pizza
- TUESDAY** Pepperoni Calzone
- WEDNESDAY** Spicy Buffalo Chicken Pizza
- THURSDAY** Italian Sausage Calzone
- FRIDAY** BBQ Chicken Pizza



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**
- WEDNESDAY** Chicken Nachos or Tacos offered with Frijoles Charros Beans
- THURSDAY** Beef Nachos or Tacos offered with Fiesta Potatoes
- FRIDAY** Bean & Cheese Nachos or Beef 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 Sweet & Spicy Sub **V**
- TUESDAY** Chef Salad or Fiesta Wrap
- WEDNESDAY** Crispy Chicken Salad or Southwest Turkey Sub
- THURSDAY** Chicken Caesar Salad or Southwest Wrap
- FRIDAY** Cobb Salad or Sunbutter & 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.

