

# Durant Intermediate and Middle Schools

## October 8-12

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** Spaghetti & Meatballs offered with Mixed Vegetables and a Breadstick
- TUESDAY** Chicken Pot Pie offered with Green Beans
- WEDNESDAY** Orange Chicken offered with Brown Rice, Roasted Squash & Zucchini and Egg Roll
- THURSDAY** French Toast Sticks, Scrambled Eggs & Sausage Links offered with Cinnamon Baked Apples
- FRIDAY** Chicken Tenders offered with a Freshly Baked Roll, Mashed Potatoes & Gravy & Green Peas

### Daily Special & Everyday

*Crispy Chicken Sandwich, Spicy Chicken Sandwich, Hamburger & Cheeseburgers offered daily!*



- MONDAY** Chicken Nuggets offered with Tater Tots
- TUESDAY** Chicken Nuggets offered with Baked Beans
- WEDNESDAY** Chicken Nuggets offered with Sweet Potato Fries
- THURSDAY** Chicken Nuggets offered with Potato Wedges
- FRIDAY** Bacon Cheeseburger 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** Sausage Pizza
- THURSDAY** Meat Lovers Calzone
- FRIDAY** 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 Charro Beans
- THURSDAY** \*\*Nacho Usual Nachos
- FRIDAY** Bean & Cheese Nachos or Beef Enchilada offered with Refried Beans



### Daily Special & 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 (V) or Southwest Turkey Sub
- TUESDAY** Chef Salad or Chicken Caesar Wrap
- WEDNESDAY** Southwest BBQ Chicken Salad or Chicken Salad Sub
- THURSDAY** Chicken Caesar Salad or Spicy Buffalo 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.*

