# DuBois School District Elementary Lunch Menu

**What is a Meal?**
You must choose at least 3 of the 5 components available for the school lunch price.
Minimum of a 1/2 cup serving of fruit or a 1/2 cup of vegetable must accompany a reimbursable lunch.
- Meat or meat alternate
- Choice of Vegetable
- Choice of Fruit
- Grain/Bread
- Choice of Milk - 1% white, and fat-free chocolate

**Weekly Vegetable Subgroups May Include:**
- Dark green - spinach, broccoli, romaine and spring salad
- Other Vegetables - carrots, sweet potatoes, tomatoes, red peppers
- Red/Orange - cantaloupe, melon, strawberries
- Starchy - white potatoes, corn, and lima beans
- Other Vegetables - celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

**Daily Fruit Selection May Include:**
- Oranges, apples, bananas, grapes, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, and mandarin oranges

**Daily Entree Options may include:**
- Monday: Ham & Cheese Croissants: Ham, cheese, crackers, fruit & veggie
- Tuesday: Grilled Chicken Salad w/ dinner roll
- Wednesday: Pizza Croissants: Flatbread, pizza sauce, cheese, pepperoni, capri sun
- Thursday: Turkey & Cheese on a Bun
- Friday: Yogurt Croissants: Yogurt, cheese stick, graham cracker, juice

All options include: Milk and Fruit choice

## Lunch Prices
- Student $2.10
- Reduced $1.40
- Adult $3.65

www.PayForIt.net - For Online Cafeteria Payments

### October 2017

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>2</strong> Cheese Burger</td>
<td><strong>3</strong> Toasted Cheese Sandwich</td>
<td><strong>4</strong> Ham, Egg &amp; Cheese</td>
<td><strong>5</strong> Chicken Patty</td>
<td><strong>6</strong> Fish Shapes</td>
</tr>
<tr>
<td>On a Bun or Chicken Fajita</td>
<td>On a Soft Tortilla</td>
<td>On an English Muffin or Chicken Nuggs</td>
<td>On a Roll or Pizza Casserole</td>
<td>On a Roll or Cheese Pizza</td>
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<tr>
<td>Cucumber Slices</td>
<td>Green Pepper Strips</td>
<td>Green Pepper Strips</td>
<td>Garden Salad</td>
<td>Green Beans</td>
</tr>
<tr>
<td>Choice of Fruit</td>
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<tr>
<td>Choice of Milk</td>
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- Adult $3.65
- Student $2.10
- Reduced $1.40

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