DUBOIS AREA SCHOOL DISTRICT ELEMENTARY LUNCH MENU

September 2026

EAT SMART BE SMART

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Walking taco with dinner roll **Tomato & lettuce cup** **Tomato & onion salsa**	2 Asian sesame chicken over rice **Steamed broccoli** **Baby carrots**	3 Hot ham and cheese on a pretzel roll **Baked beans** **Side salad**	4 Cheese pizza crunchers with dipping sauce **Cole slaw** **Cucumber slices**
Daily Offerings: B Choice – Popcorn chicken salad		**C Choice – PBJ craveable**		
7	8 2 beef soft tacos **Tomato & lettuce cup** **Tomato & onion salsa**	9 Cheeseburger on a bun **French fries** **Fresh broccoli**	10 BBQ ribbie on a bun **Curly fries** **Cucumber slices**	11 Pepperoni roll **Buttered broccoli** **Cherry tomatoes**
Daily Offerings: B Choice – Hot dog on a bun		**C Choice – PBJ craveable**		
14 Cheese stick dippers with sauce **Garden peas** **Cherry tomatoes**	15 Mini pancakes with sausage patties **Tater tots** **Baby carrots**	16 Popcorn chicken bowl **Cole slaw** **Fresh broccoli**	17 Corn dog **Baked beans** **Celery sticks**	18 Fish sticks with dinner roll **Cherry tomatoes** **Cucumber slices**
Daily Offerings: B Choice – Pizza craveable		**C Choice – PBJ craveable**		
21 Chicken nuggets with a dinner roll **French fries** **Fresh cauliflower**	22 Nachos grande **Baked beans** **Celery sticks**	23 French toast sticks with sausage links **Tater tots** **Baby carrots**	24 Macaroni and cheese **Cole slaw** **Cherry tomatoes**	25 Cheese pizza **Steamed green beans** **Cucumber slices**
Daily Offerings: B Choice – Small chef salad		**C Choice – PBJ craveable**		
28 Popcorn chicken with dinner roll **Mashed potatoes** **Baby carrots**	29 Italian toaster sandwich **Garden peas** **Fresh cauliflower**	30 Spaghetti with meat sauce **Side salad** **Cucumber slices**		
Daily Offerings: B Choice – Cheeseburger flatbread		**C Choice – PBJ craveable**		

MAKE IT A MEAL!

Choose at least **3** of **5** meal components for the school lunch price:
Meat/Meat Alternative, Whole Grain, Fruit, Vegetable, Milk

A minimum ½ cup serving of fruit or vegetable must accompany a lunch.

Lunch Prices

Student	1 free daily
Adult	$5.25

Fruit & Veggie Selection

Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables

Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

Students may choose two ½ cup servings.

Milk Selection

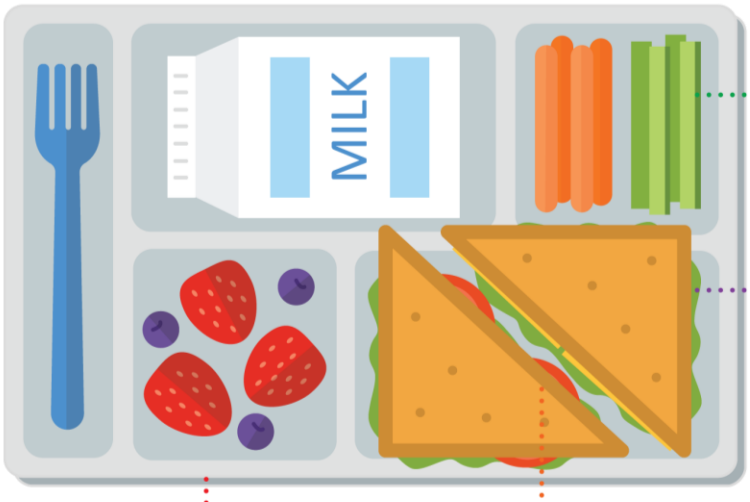
1% white, fat-free chocolate

Your Dining Services Team

Tom Koscienski
General Manager
(814) 371-1016
tom.koscienski@metzcorp.com

Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.

Metz CULINARY MANAGEMENT ENVIRONMENTAL SERVICES



MILK IS MIGHTY
Non-fat and low fat options. Flavors like chocolate and strawberry. Calcium builds bones and teeth!

GNAW ON RAW
Veggie Patch, salad, and cooked. Veggies have fiber for digestion

POWER UP WITH PROTEIN
Meat, cheese, eggs, yogurt, and peanut butter. Protein helps us grow!

WHOLE GRAINS = WHOLE PACKAGE
Bread, cereal, and crackers. Grains give us energy!

PURSUIT FOR FRUIT
Fresh, cupped, or 100% juice, fruit is nutrient-packed!

MAKE IT A MEAL!

Choose at least **3** of **5** meal components for the school lunch price:

Meat/Meat Alternative, Whole Grain, Fruit, Vegetable, Milk

A minimum of ½ cup serving of fruit or vegetable must accompany a school lunch.

Meet Your nutritious friends

LUNCH PRICES

Student Lunch:	1 free daily
Adult Lunch:	$5.25

schoolcafé

View menus on the go! SchoolCafe provides an easy way to view our menus and manage your account.

For online payments and nutritional information, please visit www.schoolcafe.com or scan QR code.

Lunch account payments made by cash and/or check must be in a payment envelope.

Make checks payable to: "DASD Café Fund"

All students will receive one free breakfast and/or lunch. Students must have money in account for extra items. No charging allowed.

YOUR DINING SERVICES TEAM
Firstname Lastname, General Manager
(###) ###-#### | email@metzcorp.com

Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES