

## Dunsmuir High School Lunch October - 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 SOFT CHICKEN TACO PB&J HOMEMADE BLACK BEANS SPANISH RICE CORN TACO SAUCE PACKET SALAD BAR FRESH FRUIT Milk Choc Fat Free, Dhs Milk Lowfat Berkeley DHS	2 BBQ PORK SANDWICH PB&J HOMEMADE FRENCH FRIES FRESH ZUCCINI SALAD BAR FRESH FRUIT Milk Choc Fat Free, Dhs Milk Lowfat Berkeley DHS	3 SPAGHETTI w/ MEAT SAUCE PB&J HOMEMADE CORN WHOLE GRAIN ROLL SALAD BAR FRESH FRUIT Milk Choc Fat Free, Dhs Milk Lowfat Berkeley DHS	4 HOT DOGS PB&J HOMEMADE PINTO BEANS STEAMED BROCCOLI CONDIMENTS SALAD BAR FRESH FRUIT Milk Choc Fat Free, Dhs Milk Lowfat Berkeley DHS	5 BEEF NACHOS PB&J HOMEMADE REFRIED BEANS SPANISH RICE CORN SALSA, COMMODITY(Tbsp) SALAD BAR FRESH FRUIT Milk Choc Fat Free, Dhs Milk Lowfat Berkeley DHS
8 NO SCHOOL TODAY	9 CHICKEN STIR FRY PB&J HOMEMADE FRIED RICE STEAMED BROCCOLI WHOLE GRAIN ROLL SALAD BAR FRESH FRUIT Milk Choc Fat Free, Dhs Milk Lowfat Berkeley DHS	10 STROMBOLI PB&J HOMEMADE MIXED VEGETABLES SALAD BAR FRESH FRUIT Milk Choc Fat Free, Dhs Milk Lowfat Berkeley DHS	11 BEEF AND BEAN BURRITO PB&J HOMEMADE SPANISH RICE CARROTS, STEAMED SALAD BAR FRESH FRUIT Milk Choc Fat Free, Dhs Milk Lowfat Berkeley DHS	12 GRILLED CHICKEN BREAST PB&J, STRW W/ CHEESE STICK MASHED POTATOES BROWN GRAVY WHOLE GRAIN ROLL CORN SALAD BAR FRESH FRUIT MILK VARIETY
15 SOFT CHICKEN TACO PB&J HOMEMADE BLACK BEANS SPANISH RICE CORN TACO SAUCE PACKET SALAD BAR FRESH FRUIT Milk Choc Fat Free, Dhs Milk Lowfat Berkeley DHS	16 HOT DOGS PB&J HOMEMADE PINTO BEANS STEAMED BROCCOLI CONDIMENTS SALAD BAR FRESH FRUIT Milk Choc Fat Free, Dhs Milk Lowfat Berkeley DHS	17 FRENCH DIP SANDWICH PB&J HOMEMADE SUN CHIPS CARROTS, STEAMED SALAD BAR FRESH FRUIT Milk Choc Fat Free, Dhs Milk Lowfat Berkeley DHS	18 SPAGHETTI w/ MEAT SAUCE PB&J HOMEMADE CORN WHOLE GRAIN ROLL SALAD BAR FRESH FRUIT Milk Choc Fat Free, Dhs Milk Lowfat Berkeley DHS	19 PIZZA PB&J HOMEMADE STEAMED BROCCOLI SALAD BAR FRESH FRUIT Milk Choc Fat Free, Dhs Milk Lowfat Berkeley DHS
22 BBQ PORK SANDWICH PB&J HOMEMADE FRENCH FRIES VEGETABLES-CALIF. BLEND SALAD BAR FRESH FRUIT Milk Choc Fat Free, Dhs Milk Lowfat Berkeley DHS	23 ROAST TURKEY PB&J HOMEMADE MASHED POTATOES BROWN GRAVY WHOLE GRAIN ROLL CORN SALAD BAR FRESH FRUIT Milk Choc Fat Free, Dhs Milk Lowfat Berkeley DHS	24 BEEF AND BEAN BURRITO PB&J HOMEMADE SPANISH RICE CARROTS, STEAMED SALAD BAR FRESH FRUIT Milk Choc Fat Free, Dhs Milk Lowfat Berkeley DHS	25 BEEF NACHOS PB&J HOMEMADE REFRIED BEANS SPANISH RICE CORN SALSA, COMMODITY(Tbsp) SALAD BAR FRESH FRUIT Milk Choc Fat Free, Dhs Milk Lowfat Berkeley DHS	26 PIZZA PB&J HOMEMADE STEAMED BROCCOLI SALAD BAR FRESH FRUIT Milk Choc Fat Free, Dhs Milk Lowfat Berkeley DHS
29 CHEESEBURGER PB&J HOMEMADE FRENCH FRIES CARROTS, STEAMED SALAD BAR FRESH FRUIT Milk Choc Fat Free, Dhs Milk Lowfat Berkeley DHS CONDIMENTS	30 CHICKEN ENCHILADAS PB&J HOMEMADE SPANISH RICE REFRIED BEANS STEAMED BROCCOLI CASA SOLANA SALAD BAR FRESH FRUIT Milk Choc Fat Free, Dhs Milk Lowfat Berkeley DHS	31 SPAGHETTI w/ MEAT SAUCE PB&J HOMEMADE CORN WHOLE GRAIN ROLL SALAD BAR FRESH FRUIT Milk Choc Fat Free, Dhs Milk Lowfat Berkeley DHS		

## Dunsmuir High School Breakfast October - 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 FRENCH TOAST STICKS CEREAL VARIETY BAGEL W/ CREAM CHEESE YOGURT, LOWFAT JUICE CHOICES FRESH FRUIT MILK VARIETY	2 SAUSAGE PANCAKE WRAP CEREAL VARIETY BAGEL W/ CREAM CHEESE YOGURT, LOWFAT JUICE CHOICES FRESH FRUIT MILK VARIETY	3 WAFFLES CEREAL VARIETY BAGEL W/ CREAM CHEESE YOGURT, LOWFAT JUICE CHOICES FRESH FRUIT MILK VARIETY	4 BREAKFAST BURRITO CEREAL VARIETY BAGEL W/ CREAM CHEESE YOGURT, LOWFAT JUICE CHOICES FRESH FRUIT MILK VARIETY	5 HAM & CHEESE BAGEL CEREAL VARIETY BAGEL W/ CREAM CHEESE YOGURT, LOWFAT JUICE CHOICES FRESH FRUIT MILK VARIETY
8 NO SCHOOL TODAY	9 SAUSAGE PANCAKE WRAP CEREAL VARIETY BAGEL W/ CREAM CHEESE YOGURT, LOWFAT JUICE CHOICES FRESH FRUIT MILK VARIETY	10 WAFFLES CEREAL VARIETY BAGEL W/ CREAM CHEESE YOGURT, LOWFAT JUICE CHOICES FRESH FRUIT MILK VARIETY	11 BREAKFAST BURRITO CEREAL VARIETY BAGEL W/ CREAM CHEESE YOGURT, LOWFAT JUICE CHOICES FRESH FRUIT MILK VARIETY	12 HAM & CHEESE BAGEL CEREAL VARIETY BAGEL W/ CREAM CHEESE YOGURT, LOWFAT JUICE CHOICES FRESH FRUIT MILK VARIETY
15 FRENCH TOAST STICKS CEREAL VARIETY BAGEL W/ CREAM CHEESE YOGURT, LOWFAT JUICE CHOICES FRESH FRUIT MILK VARIETY	16 SAUSAGE PANCAKE WRAP CEREAL VARIETY BAGEL W/ CREAM CHEESE YOGURT, LOWFAT JUICE CHOICES FRESH FRUIT MILK VARIETY	17 WAFFLES CEREAL VARIETY BAGEL W/ CREAM CHEESE YOGURT, LOWFAT JUICE CHOICES FRESH FRUIT MILK VARIETY	18 BREAKFAST BURRITO CEREAL VARIETY BAGEL W/ CREAM CHEESE YOGURT, LOWFAT JUICE CHOICES FRESH FRUIT MILK VARIETY	19 HAM & CHEESE BAGEL CEREAL VARIETY BAGEL W/ CREAM CHEESE YOGURT, LOWFAT JUICE CHOICES FRESH FRUIT MILK VARIETY
22 FRENCH TOAST STICKS CEREAL VARIETY BAGEL W/ CREAM CHEESE YOGURT, LOWFAT JUICE CHOICES FRESH FRUIT MILK VARIETY	23 SAUSAGE PANCAKE WRAP CEREAL VARIETY BAGEL W/ CREAM CHEESE YOGURT, LOWFAT JUICE CHOICES FRESH FRUIT MILK VARIETY	24 WAFFLES CEREAL VARIETY BAGEL W/ CREAM CHEESE YOGURT, LOWFAT JUICE CHOICES FRESH FRUIT MILK VARIETY	25 BREAKFAST BURRITO CEREAL VARIETY BAGEL W/ CREAM CHEESE YOGURT, LOWFAT JUICE CHOICES FRESH FRUIT MILK VARIETY	26 HAM & CHEESE BAGEL CEREAL VARIETY BAGEL W/ CREAM CHEESE YOGURT, LOWFAT JUICE CHOICES FRESH FRUIT MILK VARIETY
29 FRENCH TOAST STICKS CEREAL VARIETY BAGEL W/ CREAM CHEESE YOGURT, LOWFAT JUICE CHOICES FRESH FRUIT MILK VARIETY	30 SAUSAGE PANCAKE WRAP CEREAL VARIETY BAGEL W/ CREAM CHEESE YOGURT, LOWFAT JUICE CHOICES FRESH FRUIT MILK VARIETY	31 WAFFLES CEREAL VARIETY BAGEL W/ CREAM CHEESE YOGURT, LOWFAT JUICE CHOICES FRESH FRUIT MILK VARIETY		