## October 2020











Apply For	National		1		2
Free & Reduced	School	Some of our items will be	Lunch	Lunch	
Meals	Lunch	TAKE & BAKE	Corn Dog	Pizza	
Click on link below	Week		Pear	Apple	
https://www.ode.state.or.us/apps/frlapp		Heating Directions	Carrots	Cucumbers	
	Oct 12-16	Included	Milk	Milk	
5	6	7	8		9
Lunch	Lunch	Lunch	Lunch		
Chicken Tenders	Grilled Ham &Cheese	Turkey Gravy	Hamburger	No School	
Apple	Pear	Orange	Pear		
Cauliflower	Carrots	Broccoli	Carrots		
Milk	Milk	Milk	Milk		
12	13	14	15		16
Lunch	Lunch	Lunch	Lunch	Lunch	
Popcorn Chicken	Chicken Quesadilla	Mac & Cheese	Burrito	Pizza	
Apple	Pear	Orange	Pear	Apple	
Cauliflower	Carrots	Broccoli	Carrots	Cucumbers	
Milk	Milk	Milk	Milk/ Cookie	Milk	
19	20	21	22		23
Lunch	Lunch	Lunch	Lunch		
Chicken Nuggets	Beef Taco	Orange Chicken/ Rice	Chips & Beans	No School	
Apple	Pear	Orange	Pear		
Cauliflower	Broccoli	Carrots	Carrots		
Milk	Milk	Milk	Milk		
26	27	28	29		30
Lunch	Lunch	Lunch	Lunch	Lunch	
Chicken Tenders	Grilled Ham & Cheese	Pulled Pork Sandwich	Corn Dog	Pizza	
Apple	Pear	Orange	Pear	Apple	
Cauliflower	Carrots	Broccoli	Carrots	Cucumbers	
Milk	Milk	Milk	Milk	Milk	

"This Institute is an equal opportunity provider."

## Dallas DSD 2020 - 2021 Lunch Menu