








## October 4 – October 22, 2021



**Students MUST Select a Minimum of 3 Items (1 Item MUST be a Fruit or Vegetable)**

	Monday		Tuesday		Wednesday		Thursday		Friday	
4	<b>ENTRÉE: Choose 1</b> Corn Dog Nuggets Macaroni & Cheese  Dinner Roll <b>On the side:</b> Corn Niblets Green Peas Spiced Apples	5	<b>ENTRÉE: Choose 1</b> Meatball Sub Sandwich Chicken Nuggets Dinner Roll <b>On the side:</b> Potato Wedges Green Beans Peach Cobbler	6	<b>ENTRÉE: Choose 1</b> Cheeseburger on Bun Chicken Fajita w/Salsa <b>On the side:</b> Sweet Potato Waffle Fries Pinto Beans Mixed Fruit	7	<b>ENTRÉE: Choose 1</b> Hot Dog & Chill on Bun Chicken Drumstick Dinner Roll <b>On the side:</b> Candied Sweet Potatoes Vegetarian Beans Chilled Pears	8	<b>ENTRÉE: Choose 1</b> Meatloaf w/Cheese Topping Dinner Roll Assorted Pizza <b>On the side:</b> Mashed Potatoes Spinach Chilled Peaches	<b>Lunch Combo Packs</b> 8 oz. Yogurt OR 2 oz. String Cheese PLUS 2 packs Goldfish Cheese Crackers
11	<b>ENTRÉE: Choose 1</b> Grilled Cheese  Pork Rib Patty on Bun <b>On the side:</b> French Fries Vegetarian Beans Spiced Apples	12	<b>ENTRÉE: Choose 1</b> Deli Turkey/Cheese on Bun Popcorn Chicken Bites Biscuit <b>On the side:</b> Green Beans Sweet Potato Waffle Fries Strawberry Cobbler	13	<b>ENTRÉE: Choose 1</b> Chicken Filet on Bun Assorted Pizza <b>On the side:</b> Broccoli w/Cheese Steamed Carrots Mixed Fruit <i>Early Release</i>	14	<b>ENTRÉE: Choose 1</b> General Tso's Chicken w/Chow Mein Noodles Cheesy Garlic Flatbread w/Marinara  <b>On the side:</b> Oriental Vegetable Blend Green Peas Chilled Pears	15	<b>ENTRÉE: Choose 1</b> Chicken BBQ on Bun Assorted Pizza <b>On the side:</b> Pinto Beans Corn Niblets Chilled Peaches	<b>2021-22 Lunch Prices</b> <b>ALL Student meals</b> <b>are FREE</b> Adults - \$3.75 Milk (alone) - \$0.50
18	<b>ENTRÉE: Choose 1</b> Cheese Pizza Sticks with Marinara  Beef Teriyaki Nuggets Dinner Roll <b>On the side:</b> California Blend French Fries Spiced Apples	19	<b>ENTRÉE: Choose 1</b> Baked Spaghetti Chicken Nuggets Texas Garlic Toast <b>On the side:</b> Broccoli w/Cheese Steamed Carrots Apple Cobbler	20	<b>ENTRÉE: Choose 1</b> Chicken Filet on Bun Meatballs w/Gravy & Rice <b>On the side:</b> Green Beans Potato Emojis Mixed Fruit	21	<b>ENTRÉE: Choose 1</b> Nachos & Chili Cheese Pork Chop on Bun <b>On the side:</b> Black Beans Sweet Potato Waffle Fries Chilled Pears	22	<b>ENTRÉE: Choose 1</b> Catfish on Bun Assorted Pizza <b>On the side:</b> Spicy Black-eyed Peas Turnip Greens Chilled Peaches	<b>Milk Offered Daily:</b>  Tooth Fairy Skim milk Tooth Fairy 1% milk Skim Chocolate milk <b>Lactose Free-Organic Soy            Milk Available By Written            Request Only</b>

 = vegetarian entrée

**Middle School daily offers 4.23 oz. juice**

**Menus subject to change based on availability of products.**

1817 Hamlin Road, Durham, NC 27704 (919) 560-2370

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**Food Allergy Disclaimer:** Please be aware that School Nutrition Services prepares our food in commercial kitchens, where cross-contact with food allergens is possible and where ingredient substitutions and recipe revisions are sometimes made. Additionally, manufacturers of commercial food products we order may change their product formulation or ingredient consistency at any time without notification. Actual ingredients and nutritional content may vary and we are not able to guarantee that any food item will be completely free of food allergens. If you have questions or any concerns regarding ingredients of a specific food or recipe, please reach out to the Durham Public Schools Registered Dietitian, Becky Pope, MS, RD, LDN at 919-560-2370 or email [Becky.Pope@dpsnc.net](mailto:Becky.Pope@dpsnc.net)