


Durham Public Schools HS Lunch Cycle Menu - Carbohydrates Fall 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Week 1 Monday</p> <p>Choice of Entrée: PizzaBoli Bites - 48 w/Marinara - 4 or BBQ Pork Riblet on Bun - 37 On the side: Sweet Potato Waffle Fries - 18 BBQ Baked Beans - 33 Spiced Apples - 23</p>	<p>Week 1 Tuesday</p> <p>Choice of Entrée: Dill Chicken Nuggets - 22 or Steak w/Gravy - 5 On the side: Dinner Roll - 28 Mashed Potatoes - 14 Seasoned Greens - 8 Apple Cobbler - 54</p>	<p>Week 1 Wednesday</p> <p>Choice of Entrée: Queso Chili Pasta - 46 w/Breadstick - 26 or Assorted Pizza – 37 Buff Chix Pizza - 26 On the side: Mexicali Corn - 16 Glazed Carrots - 18 Fresh Banana - 29</p>	<p>Week 1 Thursday</p> <p>Choice of Entrée: Pulled Pork on Bun - 29 or Chicken Empanada - 32 On the side: Pinto Beans - 26 Oven Potatoes - 18 Pears - 18</p>	<p>Week 1 Friday</p> <p>Choice of Entrée: Assorted Pizza – 37 Buff Chix Pizza - 26 or Loaded Tater Tots - 44 w/Roll - 28 On the side: Baby Carrots – 7 w/Dip - 2 Cauliflower - 7 Peaches - 13</p>
<p>Week 2 Monday</p> <p>Choice of Entrée: Chicken Cheesesteak Nachos - 51 or Toasted Ravioli - 110 w/Marinara - 4 On the side: Fiesta Black Beans - 20 Sweet Potato Wedges - 32 Spiced Apples - 23</p>	<p>Week 2 Tuesday</p> <p>Choice of Entrée: Beef Meatballs w/Gravy - 16 or Rotisserie Chicken - 0 On the side: Dinner Roll - 28 Mashed Potatoes - 14 Savory Carrots - 12 Peach Cobbler - 53</p>	<p>Week 2 Wednesday</p> <p>Choice of Entrée: Baked Spaghetti – 41 w/Garlic Knot - 23 or Assorted Pizza – 37 Buff Chix Pizza - 26 On the side: Green Beans - 5 Tossed Salad - 4 Fresh Banana - 29</p>	<p>Week 2 Thursday</p> <p>Choice of Entrée: Asian Dumplings w/Teriyaki Sauce - 53 or Loaded Baked Potato - 40 w/Garlic Knot - 23 On the side: Asian Blend Vegetables - 8 Broccoli w/Cheese - 8 Pears - 18</p>	<p>Week 2 Friday</p> <p>Choice of Entrée: Assorted Pizza – 37 Buff Chix Pizza - 26 or Turkey & Cheese on Ciabatta - 34 On the side: Steamed Corn - 20 Baby Carrots – 7 w/Dip - 2 Peaches - 13</p>
<p>Week 3 Monday</p> <p>Choice of Entrée: Walking Tacos - 44 or Nacho Bites - 42 On the side: Pinto Beans - 26 Mexicali Corn - 16 Spiced Apples - 23</p>	<p>Week 3 Tuesday</p> <p>Choice of Entrée: Macaroni & Cheese - 44 or Chicken Tenders - 19 On the side: Dinner Roll - 28 Steamed Broccoli - 5 Oven Potatoes - 18 Strawberry Cobbler - 58</p>	<p>Week 3 Wednesday</p> <p>Choice of Entrée: Chicken Tetrizzini - 32 w/Breadstick - 26 or Assorted Pizza – 37 Buff Chix Pizza - 26 On the side: Glazed Carrots - 18 Tossed Salad - 4 Fresh Banana - 29</p>	<p>Week 3 Thursday</p> <p>Choice of Entrée: Beef & Bean Chili - 18 w/Corn Muffin - 36 or PizzaBoli Bites - 48 w/Marinara - 4 On the side: Sweet Potato Wedges - 32 Green Peas - 14 Pears - 18</p>	<p>Week 3 Friday</p> <p>Choice of Entrée: Assorted Pizza – 37 Buff Chix Pizza - 26 or Chicken Parm Sandwich - 45 On the side: Baby Carrots – 7 w/Dip - 2 Green Beans - 5 Peaches - 13</p>
<p>Week 4 Monday</p> <p>Choice of Entrée: Mandarin Chicken - 21 or Beef Teriyaki Nuggets - 17 On the side: Chow Mein Noodles - 30 Steamed Broccoli - 5 Glazed Carrots - 18 Spiced Apples - 23</p>	<p>Week 4 Tuesday</p> <p>Choice of Entrée: Chicken Wings - 1 w/Biscuit - 30 or Sloppy Joe Sandwich - 44 On the side: Sweet Potato Wedges - 32 BBQ Baked Beans - 33 Blueberry Cobbler - 70</p>	<p>Week 4 Wednesday</p> <p>Choice of Entrée: Chicken Pot Pie - 31 w/Roll - 28 or Assorted Pizza – 37 Buff Chix Pizza - 26 On the side: Green Beans - 5 Mashed Potatoes - 14 Fresh Banana - 29</p>	<p>Week 4 Thursday</p> <p>Choice of Entrée: Popcorn Chicken - 13 w/Roll - 28 or Meatball Sub - 44 On the side: Mixed Vegetables - 15 Seasoned Greens - 8 Pears - 18</p>	<p>Week 4 Friday</p> <p>Choice of Entrée: Assorted Pizza – 37 Buff Chix Pizza - 26 or BBQ Chicken Sandwich - 41 On the side: Oven Potatoes - 18 Baby Carrots – 7 w/Dip - 2 Peaches - 13</p>
<p>Milks</p> <p>Unflavored 1% - 12 Unflavored Skim – 12 Chocolate Skim – 19 Strawberry Skim - 23</p>	<p>Fruits</p> <p>Apple - 25 Orange - 11 Banana - 29 Pear - 25</p>	<p>Fruit Juices</p> <p>100% Apple Juice – 14 100% Fruit Punch – 15 100% Orange Tang. Juice - 17</p>	<p>Alt. Entrée Options</p> <p>Wowbutter Sandwich – 53 Hummus Box - 64 Spicy Chicken Sandwich - 47 Double Cheeseburger - 37 Black Bean Burger - 46 Crispy Chicken Chef Salad - 35 Honey Sriracha Chicken - 28 w/Roll - 28</p>	<p>FEEDING DURHAM'S CHAMPS</p>  <p>SCHOOL NUTRITION SERVICES</p>

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.