

Dalouse Prairie Charter School Lunch Menu

NOVEMBER 2019



Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7	8
CHICKEN NUGGETS <i>Twisted Baked Potatoes</i> <i>Carrot sticks</i> <i>Chilled fruit</i> <i>Milk choices</i>	NACHOS w/ BEEF + REAL CHEESE SAUCE <i>Seasoned beans + salsa</i> <i>Fresh vegetables + fruit</i> <i>Milk choices</i>	FRESH BAKED BREADSTICKS + MARINARA SAUCE <i>Fresh vegetables</i> <i>Chilled fruit</i> <i>Milk choices</i>	PULLED PORK SANDWICH <i>Fresh fruit</i> <i>Vegetables + dip</i> <i>Goldfish Pretzels</i> <i>Milk choices</i>	CHEESE RIPPER <i>Steamed vegetables</i> <i>Fruit cocktail</i> <i>Milk choices</i>
11	12	13	14	15
HAMBURGER OR CHEESEBURGER <i>Potato Wedges</i> <i>Carrot sticks</i> <i>Fresh fruit</i> <i>Milk choices</i>	ENCHILADA <i>Bean dip + Chips</i> <i>Tropical Fruit</i> <i>Fresh Vegetables</i> <i>Milk Choices</i>	TURKEY GRAVY <i>Mashed Potatoes</i> <i>Green beans</i> <i>Sage Stuffing</i> <i>Dried Cranberries</i> <i>Fresh baked rolls</i> <i>Milk Choices</i>	ORANGE/TANGERINE CHICKEN <i>Rice</i> <i>Steamed Vegetables</i> <i>Chilled Fruit</i> FORTUNE COOKIE <i>Milk choices</i>	PIZZA POCKET WITH BEEF SAUSAGE <i>Chilled fruit</i> <i>Fresh Vegetables + Hummus</i> <i>Animal crackers</i> <i>Milk choices</i>
18	19	20	Dessert Day! 21	22
FRENCH TOAST STICKS <i>Sausage or Egg Patty</i> <i>Breakfast Potatoes</i> <i>Cucumbers</i> <i>Cinnamon Apples</i> <i>Milk choices</i>	HOTDOG (TURKEY) ON BUN <i>Fresh fruit + vegetables + hummus dip</i> <i>Baked Chips</i> <i>Milk choices</i>	WACKY WEDNESDAY COOK'S CHOICE <i>Fresh and chilled fruit choices</i> <i>Fresh vegetables</i> <i>Milk choices</i>	CHICKEN DRUMSTICK <i>Baked beans</i> <i>Green beans</i> <i>Fruit choices</i> <i>Pumpkin Cake</i> <i>Milk choices</i>	PIZZA <i>Tossed Green Salad</i> <i>Chilled Fruit</i> <i>Goldfish Crackers</i> <i>Milk choices</i>
25	26	27	28	29

No School- Thanksgiving Break



Average		Weekly Target	% of Target	Average		Weekly Target	% Calories
Calories	633	550-650	100	Saturated Fat	5.03 g	< 10.00 %	7.2 %
Sodium	1075 mg	< 1230 mg					

Menus are subject to change based on product availability. A selection of milk including fat free chocolate, fat free + 1% white is offered daily. A vegetarian option is available every day. The alternate to the main meal is a peanut butter sandwich with yogurt or a cheese stick.

Fruits, vegetables, and milk choices offered daily!

BAKED FRESH! Did you know that most of our baked items such as rolls, breadsticks, are baked fresh in our school kitchens?