

DALLAS COUNTY SCHOOL MENUS - SCHOOL YEAR 2019-2020

September 2019 LUNCH

Requirements for each menu: 2 oz meat, 2 oz whole wheat bread at least 3 times a week, 1/2 cup fruit daily, 1 cup veggies daily, 8 oz milk.

Grades: K-8

MONDAY-WK5	2 TUESDAY	3 WEDNESDAY	4 THURSDAY	5 FRIDAY	6
	Spaghetti	Baked Chicken	Smoked Sausage	Pizza	
	Green Beans	Collard Green	Macaroni and Cheese	French Fries	
Labor Day	Tossed Salad	Sweet Potato Patty	Green Peas	Tossed Salad	
	Roll	Cornbread	Black-eyed Peas	Fruit	
	Cookie	Cookie	Fruit	Milk	
	Fruit/Milk	Fruit/Milk	Milk		
MONDAY- WK1	9 TUESDAY	10 WEDNESDAY	11 THURSDAY	12 FRIDAY	13
Fajita Stir Fry w/Vegetables	Cheese Burgers w/ Bun	Beef Tips w/Gravy	Hot Wings	Corn Dog	
Brown Rice	Lettuce/Tomato/Pickles	Brown Rice	Baby Baker Potatoes	Baked Beans	
Baby Carrots, raw	Onion Rings	Baby Carrots, raw	Brown Rice	French Fries	
WW Roll	Corn Nuggets	Broccoli with Cheese	Tossed Salad	Fruit	
Fruit	California Vegetables	Roll	Roll	Milk	
Milk	Fruit/Cookie /Milk	Fruit / Milk	Fruit / Milk		
MONDAY- WK2	16 TUESDAY	17 WEDNESDAY	18 THURSDAY	19 FRIDAY	20
Chicken Alfredo	Barbecue Sandwich	Grilled Chicken Patty	Tuna Salad	Cod Square or Beef Patty	
Green Beans	Baked Beans	Mashed Potatoes	Romaine Lettuce	Hamburger Bun	
Carrots	Fries	California Blend Vegetables	Tomatoes/Dill Pickle slices	French Fries	
Roll	Fruit	Roll	Crackers	Steamed Broccoli	
Fruit	Cookie	Fruit	Carrot and Celery sticks	Fruit/ Cookie	
Milk	Milk	Milk	Fruit/Milk	Milk	
MONDAY- WK3	23 TUESDAY	24 WEDNESDAY	25 THURSDAY	26 FRIDAY	27
Taco Salad-Chips/Shells	Salisbury Steak	Pork Chop	Chicken Nuggets	Ham & Cheese Hogie	
Tomatoes	Brown Rice	Brown Rice	French Fries	Romaine Lettuce	
Romaine Lettuce	Mashed Potatoes	Lima Bean	Italian Vegetables	Tomatoe, Dill Pickle	
Salsa	Carrots, Cooked	Tossed Salad	Roll	Baked Beans	
Fruit	Roll	Roll	Fruit	Fruit/Chips	
Milk	Fruit/Milk	Fruit/Milk	Milk	Milk	
MONDAY- WK4	30 TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
WW Chicken Quesadillas					
Brown Rice					
Corn					
Pinto Beans/ Salsa					

It is the policy of Dallas County Board of Education not to discriminate on the basis of sex, race, handicap, religion, creed, national origin, or age. If you have reason to believe that you have been discriminated against, you may contact the Superintendent's Office.