

DALLAS COUNTY SCHOOL MENUS - SCHOOL YEAR 2019-2020

September Breakfast

Grades: K-12

MONDAY-WK5	2	TUESDAY	3	WEDNESDAY	4	THURSDAY	5	FRIDAY	6
Labor Day		Blueberry Muffin	Breakfast Bagel	Mini Berry Pancake	Waffle Sticks (2)				
		String Cheese	Cereal	Bacon	Yogurt				
		Cereal	Fruit	Cereal	Cereal				
		Fruit	Fruit Juice	Fruit	Fruit				
		Fruit Juice	Milk	Fruit Juice	Fruit Juice				
	Milk		Milk	Milk					
MONDAY- WK1	9	TUESDAY	10	WEDNESDAY	11	THURSDAY	12	FRIDAY	13
WG Biscuit		Pancakes (2)	Breakfast Pizza	WW Biscuit	Ham Croissant				
Patty Sausage		Bacon	Cereal	Smoked Sausage	Cereal				
Cereal		Cereal	Fruit	Eggs & Grits	Fruit				
Fruit		Fruit	Fruit Juice	Cereal	Fruit Juice				
Fruit Juice		Fruit Juice	Milk	Fruit	Milk				
Milk		Milk		Fruit Juice / Milk					
MONDAY- WK2	16	TUESDAY	17	WEDNESDAY	18	THURSDAY	19	FRIDAY	20
French Toast Sticks		Blueberry Muffin	Breakfast Bagel	Mini Berry Pancake	Waffle Sticks (2)				
Yogurt		String Cheese	Cereal	Bacon	Yogurt				
Cereal		Cereal	Fruit	Cereal	Cereal				
Fruit		Fruit	Fruit Juice	Fruit	Fruit				
Fruit Juice		Fruit Juice	Milk	Fruit Juice	Fruit Juice				
Milk		Milk		Milk	Milk				
MONDAY- WK3	23	TUESDAY	24	WEDNESDAY	25	THURSDAY	26	FRIDAY	27
WG Biscuit		Pancakes (2)	Breakfast Pizza	WW Biscuit	Ham Croissant				
Patty Sausage		Bacon	Cereal	Smoked Sausage	Cereal				
Cereal		Cereal	Fruit	Eggs & Grits	Fruit				
Fruit		Fruit	Fruit Juice	Cereal	Fruit Juice				
Fruit Juice		Fruit Juice	Milk	Fruit	Milk				
Milk		Milk		Fruit Juice / Milk					
MONDAY- WK4	30	TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
WG Biscuit									
Patty Sausage									
Cereal									
Fruit									
Fruit Juice									
Milk									
									<p>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.</p>

DALLAS COUNTY SCHOOL MENUS - SCHOOL YEAR 2019-2020

September

Grades: K-8

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.

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

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