

# OCTOBER 2018

## Duncan Schools

This is an equal opportunity institution.

### Monday

**1**  
Muffin Top, Fruit Cup  
**Breakfast for Lunch!**  
Bacon, Egg and Cheese Quesadilla  
Salsa, Sliced Peppers  
Hash Brown  
Melon  
Fast Food: French Toast Sticks

**8**  
Nutrigrain Bar, Fruit Cup  
**Pizza**  
Cheesy Broccoli  
Fruit Slush  
Fast Food: Chicken Nuggets

**15**  
Whole Grain Bar, Applesauce  
**Popcorn Chicken Bowl**  
(Mashed potatoes, corn, chicken, cheese, layered in a little bowl)  
Green Beans  
Oranges  
Fast Food: Loaded Baked Potato

**22**  
Muffin, Fruit Cup  
**Penne w/ Meatballs**  
Breadstick  
Mixed Veggies  
Pears  
Fast Food: Turkey Bacon Melt

**29**  
Blueberry Loaf, Oranges  
**Pizza Sticks**  
Green Beans  
Mixed Fruit  
Fast Food: Chicken Wings

### Tuesday

**2**  
Breakfast Bar, Cheese, Juice  
**Chicken Nuggets**  
Mac & Cheese  
Green Beans  
Peaches  
Fast Food: Riblet Sub

**9**  
Muffin, Raisins  
**Cheeseburger**  
Oven Fries  
Salad  
Pears  
Fast Food: Grilled Chicken Sandwich

**16**  
Crackers, Yogurt, Pears  
**Ham & Cheese Melts**  
Sweet Potato Fries  
Pineapple  
Peas  
Fast Food: Turkey Sub

**23**  
Banana Bread, Pineapple  
**Chicken Quesadilla**  
Salad  
Cheesy Broccoli  
Peaches  
Fast Food: Meatball Sub

**30**  
Wholegrain Bar, Fruit Cup  
**Corn Dogs**  
Mac & Cheese  
Salad  
Frozen Fruit Slush  
Fast Food: Chicken Bacon Ranch Sub

### Wednesday

**3**  
Bagel, Grapes  
**Bean Burrito**  
Salad  
Corn  
Oranges  
Fast Food: Taquitos

**10**  
Apples w/ pb, Crackers  
**Teriyaki Chicken over Chow Mein**  
Noodles  
Asian Blend Vegetables  
Pineapple  
Fortune Cookie  
Fast Food: Ham Sub

**17**  
Cheese, Granola Bar, Grapes  
**Chicken Sandwich**  
Baked Beans  
Salad  
Apple  
Fast Food: Popcorn Shrimp, Buffalo Fries

**24**  
Apples, WG Bar  
**Steak Fingers**  
Mashed Potatoes, Corn  
Roll  
Peach Cobbler  
Fast Food: Popcorn Chicken Bowl

**31**  
Yogurt, Grapes, Crackers  
**Chicken Enchiladas**  
Homemade Pinto Beans  
Salad  
Apple Churro  
Fast Food: Bean Burro

### Thursday

**4**  
Cereal, Banana  
**Sloppy Joes**  
Tater Tots  
Grapes  
Raw Veggies for Dipping  
Fast Food: Spicy Popcorn Chicken

**11**  
Cereal, Juice  
**Ground Beef Tacos**  
Spanish Rice  
Lettuce, Tomato, Salsa  
Melon  
Fast Food: Chicken Tacos

**18**  
Cereal, Juice  
**Ground Beef Enchiladas**  
Salad  
Corn  
Grapes  
Fast Food: Carnitas

**25**  
Cereal, Juice  
**Breakfast for Lunch!**  
Pancake Sausage Dogs  
Hash Brown  
Warm Cinnamon Apples  
Fast Food: Egg, Cheese, Chorizo Burro

### Friday

**5**  
No School  
**K-5 Lunches are \$2.50**  
**6<sup>th</sup> -12<sup>th</sup> Lunches are \$2.75**  
**Adults are \$3.00**

**12**  
No School

**19**  
No School

**26**  
No School  
*Over the next month we will be phasing out the Peanut Butter Sandwich that we currently have as a choice every day.*

I'm still working on getting EZShoolPay set up so you can pay online. I'm sorry for the delay. **Please send lunch money** with your student or fill out the free/reduced lunch application at [spatton@duncanschools.org](mailto:spatton@duncanschools.org).

If you have any comments or suggestions, please email me at [spatton@duncanschools.org](mailto:spatton@duncanschools.org).

EZMealApp.com.