

# OCTOBER 2022

Duncan Unified Schools

This is an equal  
opportunity institution.

## Monday

Frudel, Peaches **3**

Meatball Marinara Penne  
Garlic Bread  
Green Beans, Nectarines

Muffin, Fruit **10**

Breakfast for Lunch  
Biscuits/Gravy, Sausage  
Hashbrowns, Peppers, Fruit

Bar, Fruit **17**

Pizza  
Mixed Veggies  
Mixed Fruit

Muffin, Fruit **24**

Chicken Nuggets  
Mac & Cheese  
Celery/Carrot Sticks, Fruit

Pumpkin Bread, Fruit **31**

Chili Beans  
Cornbread  
Roasted Potatoes, Fruit

## Tuesday

Granola Bar, Fruit **4**

Bean Burrito  
Creamy Green Chile Corn  
Salad, Melon

Whole Grain Bar, Fruit **11**

Hot Dog  
Cheesy Broccoli  
Baked Beans, Apples

Bagel, Fruit **18**

Chicken Sandwich  
Lettuce, Tomato, Pickles  
Fries, Grapes

Waffle, Fruit **25**

Beef Ravioli  
Mixed Veggies  
Oranges

## Wednesday

Cereal, Juice **5**

Ham & Cheese Bake  
Asparagus  
Berries

Cereal, Juice **12**

Tomato Soup  
Cheesy Bread  
Roasted Potatoes, Pears

Cereal, Juice **19**

Homemade Lasagna  
Garlic Knots, Mixed Veggies  
Kiwi

Cereal, Juice **26**

Cheeseburgers  
Lettuce, Tomato, Pickles  
Fries, Grapes

## Thursday

Grapes, Yogurt, Crackers **6**

Chicken Quesadillas  
Homemade Pinto Beans  
Salad, Mango

Apples, PB, Crackers **13**

Ground Beef Enchiladas  
Spanish Rice, Salad  
Churros, Peaches

Grapes, Crackers **20**

Chicken Bacon Ranch Pasta  
Salad, Cookies  
Apples

Apples, Crackers **27**

Homemade Chicken Soup  
Dinner Roll  
Berries

## Friday

**7**

**14**

**21**

**28**



If you do not qualify for free or reduced lunches, **please bring in lunch money!**  
I am still having a hard time getting certain things so the menu might change without notice.  
You can always reach out with questions or concerns at [spatton@duncanschools.org](mailto:spatton@duncanschools.org)