

# OCTOBER 2019

## Duncan Unified Schools

This is an equal opportunity institution.

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Breakfast Bar, Applesauce <b>Beef Ravioli</b> <b>Breadstick</b> <b>Spinach Salad</b> <b>Apples</b> HS: Ham Sub	<b>2</b> Grapes, Grahams  <b>Turkey Melt</b> <b>Sweet Potato Fries</b> <b>Green Beans, Melon</b> HS: Chicken Sandwich	<b>3</b> Cereal, Juice  <b>Chili Dogs</b> <b>Cheesy Broccoli, Tots</b> <b>Pears</b> HS: Riblet Sub	<b>4</b> Meal Costs: Milk-.35 K-5 <sup>th</sup> 2.50 6 <sup>th</sup> -12 <sup>th</sup> - 2.75 Adults- 3.00
<b>7</b> Granola Bar, Pineapple <b>Breakfast for Lunch!</b> <b>Biscuits and Gravy</b> <b>Sausage Patty, Hash Brown</b> <b>Warm Cinnamon Pears</b> HS: Bacon Egg Burrito	<b>8</b> Muffin, Craisins <b>Meatloaf</b> <b>Mashed Potatoes w/ Brown Gravy</b> <b>Dinner Roll</b> <b>Green Beans, Peaches</b> HS: Chicken Strips	<b>9</b> Apple slices, pb, cheese, cracker  <b>Loaded Chicken Tot Casserole</b> <b>Breadstick, Salad</b> <b>Plums</b> HS: Tornadoes	<b>10</b> Cereal, Juice  <b>Ground Beef Tacos</b> <b>Corn, Salad</b> <b>Oranges</b> HS: Chicken Tacos	<b>11</b>
<b>14</b> Banana Bread, Applesauce  <b>Pizza</b> <b>Green Beans</b> <b>Pineapple</b> HS: Corn Dogs	<b>15</b> WG Bar, Peaches  <b>Grilled Chicken Sandwich</b> <b>Oven Fries, Corn</b> <b>Pears</b> HS: Bacon Cheeseburger	<b>16</b> Yogurt, Granola, Oranges <b>Teriyaki Beef &amp; Broccoli Chow</b> <b>Mein</b> <b>Fortune Cookie</b> <b>Nectarine</b> HS: Ham Sub	<b>17</b> Cereal, Juice  <b>Chicken Alfredo</b> <b>Garlic Bread, Salad</b> <b>Apples</b> HS: Turkey Melt	<b>18</b>
<b>21</b> Muffin, Mixed Fruit  <b>Chicken Strips</b> <b>Mac &amp; Cheese</b> <b>Mixed Veggies</b> <b>Pineapple</b> HS: Buffalo Chicken Pizza	<b>22</b> Breakfast bar, Peaches <b>Stuffed Breadstick w/ Marinara</b> <b>Dip</b> <b>Salad, Peas</b> <b>Pears</b> HS: Italian Sub	<b>23</b> Grapes, Crackers, Cheese <b>Chicken Taquitos</b> <b>Cheesy Refried Beans</b> <b>Salad</b> <b>Fresh Peach</b> HS: Beef Taquitos	<b>24</b> Cereal, Juice <b>Pot Roast w/ Potatoes &amp; Carrots</b> <b>Biscuit, Salad</b> <b>Warm Cinnamon Apples</b> HS: Eat the Beef!	<b>25</b> Go to EZSchoolpay.com if you would like to set up online pay. If you need your student's lunch number, email me at spatton@duncanschools.org
<b>28</b> WG bar, Oranges  <b>Chili Beans w/ Cornbread</b> <b>Tater Tots</b> <b>Peaches</b> HS: Green Chile Chicken Sandwich	<b>29</b> Crackers, Pears <b>Cheeseburgers</b> <b>Oven Fries</b> <b>Lettuce, Tomato, Pickle</b> <b>Apples</b> HS: Ham Melt	<b>30</b> Cereal, Juice <b>Ham and Cheese Bake</b> <b>Corn on the Cob</b> <b>Oranges</b> HS: Bean Burrito	<b>31</b> Pumpkin Bread, Applesauce <b>Jack O Lantern Soft Pretzels w/ Cheese Dip</b> <b>Fresh Cut Veggies</b> <b>Cuties</b> HS: Baked Potato	

Remember you must fill out a new free/reduced lunch application every school year. If you have not done one, please do so asap. You can do one online at EZMealApp.com or pick up a paper one at the school office.

I'm always open to suggestions or questions at spatton@duncanschools.org