

OCTOBER 2020

Duncan Unified Schools

This is an equal opportunity institution.

Monday



Tuesday

Wednesday

Thursday

Friday

Whole Grain Bar, Applesauce **5**

French Bread Pizza
Garlic Green Beans
Pineapple

Cream Cheese Bagel, Raisins **6**

Chicken Taquitos
Spanish Rice, Salad
Warm Churro, Mango

Banana Bread, Oranges **7**

BBQ Pork Sandwich
Tater Tots, Butter Corn
Fresh Melon

Yogurt, Grahams, Raisins **1**

Ham & Cheese Sub
Baked Chips
Fresh Cut Veggies w Ranch
Fresh Grapes

2

Cereal, Juice **8**

Ground Beef Nacho Grande
Lettuce, Tomato, Salsa
Fresh Pinto Beans
Berries

9

Crackers, PB, Pears **12**

Biscuits & Gravy
Cheesy Eggs, Sausage
Sliced Peppers
Warm Cinnamon Apples

Blueberry Loaf, Peaches **13**

Baked Ziti
Garlic Bread, Salad
Roasted Parmesan Asparagus
Italian Ice Fruit Slush

Yogurt, Crackers, Apples **14**

Corndog
Mac & Cheese
Fresh Veggies
Orange Slices

Cereal, Juice **15**

Homemade Chicken Enchiladas
Fresh Salad
Green Chile Corn
Fresh Apples

16

Muffin, Mixed Fruit **19**

Popcorn Chicken Bowls
Breadstick
Peaches

Zucchini Bread, Applesauce **20**

Tomato Soup
Cheesy Bread to Dip
Mixed Veggies
Fresh Apple

Granola Bar, Apple Slices **21**

Bean & Cheese Burro
Salad, Green Chile Squash
Fresh Melon

Cereal, Juice **22**

Chicken Alfredo
Garlic Bread, Peas
Oranges

23

NutriGrain Bar, Cheese, Pears **25**

Chili Beans & Cornbread
Roasted Potatoes
Pears

Whole Grain Bar, Peaches **27**

Cheeseburgers
Lettuce, Tomato, Pickle
Oven Fries
Kiwi

Cereal, Juice **28**

Meatball Marinara & Mozzarella
Sub, Baked Chips
Roasted Veggies
Apples

Pumpkin Bread, Oranges **29**

Chicken Soft Tacos
Refried Beans, Salad
Strawberries

30

The USDA extended their Free Meal program through December. That means all of our students can get a free lunch. Please remember to fill out your lunch application for this school year, we still need it!

Please use this time of free lunches to pay all outstanding balances. That would help me out so much! Thank you!

You can always reach out to me at spatton@duncanschools.org