

SEPTEMBER 2019

Duncan Unified Schools

This is an equal opportunity institution.

Monday

2

No School

Tuesday

3

Granola Bar, Craisins
Pizza
Salad
Peaches
HS-wings

Wednesday

4

Banana, Zucchini Bread
BBQ Pork Sandwich
Cole Slaw, Baked Beans
Melons
HS- riblet sub

Thursday

5

Cereal, Juice
Hot Dogs
Green Beans, Baked Chips
Oranges
HS- Tornados

Friday

Remember, you must fill out a new free/reduced lunch application every school year. That can be done online at EZMealAp.com

13

Muffin, Mixed Fruit
Soft Pretzel
Cheesy Broccoli
Pineapple, Frozen Treat
HS-Baked Potato Bar

9

WG Bar, Pears
Grilled Chicken Sandwich
Fresh Spinach, Cucumbers
Oven Fries, Apple
HS-BLT

10

Apple Slices, PB, Crackers
Steak Fingers
Mashed Potatoes w Brown Gravy
Corn, Dinner Roll
Peach Cobbler
HS-Popcorn Chicken Bowl

11

Cereal, Juice
Beef Nacho Grande
Pinto Beans
Salad, Salsa, Fresh Peaches
HS-Carnitas

12

Breakfast Bar, Peaches
Cheesy Eggs, French Toast
Sausage, Hash Brown
Pears
HS-Egg Chorizo Burro

16

Pumpkin Bread, Applesauce
Lasagna Roll
Garlic Bread, Italian Veggies
Mixed Fruit
HS-Italian Sub

17

Grapes, Yogurt, Granola
Corn Dogs
Tater Tots
Green Beans
HS-Spicy Chicken Sandwich

18

No School.
Enjoy the Fair!!

19

Please read the meal charge policy. It can be found on our website. Unpaid lunches can result in your student not being able to participate in sports and field trips.

20

Granola Bar, Raisins
Pizza Sticks
Mixed Veggies
Peaches

23

Crackers, Juice, Cheese
Bean Burrito
Corn, Salad
Apples
HS-Chicken Taquitos

24

Apple Slices, Granola Bar
Orange Chicken w Rice
Mixed Asian Veggies
Plums, Fortune Cookie
HS- Egg Rolls

25

Cereal, Juice
Chicken Quesadilla
Sliced Peppers, Salsa
Melon
HS- Tacos

26

27

Muffin, Tropical Fruit
Popcorn Chicken
Mac & Cheese
Green Beans
HS- Beef Chimi

30

