

SEPTEMBER 2020

Duncan Unified Schools

This is an equal opportunity institution.

Monday

Tuesday

Wednesday

Thursday

Friday

Cereal, Juice

1

Ground Beef Tacos
Pinto Beans, Salad
Mango

Muffin, Apple Slices

2

Ham & Cheese Melts
Oven Fries, Fresh Cut Veggies
Fresh Peaches

Nutrigrain Bar, Grapes

3

Soft Pretzel w/ Cheese Dip
Steamed Broccoli
Fresh Plums

4

Cereal, Juice

8

Stuffed Crust Pizza
Salad, Carrot Sticks
Apples

Breakfast Bar, Banana

9

Hot Dogs
Baked Beans, Cole Slaw
Fresh Melon

Granola, Yogurt, Apple Slices

10

Cheesy Lasagna Roll
Garlic Bread, Salad
Mixed Veggies
Fresh Nectarines

11

Cereal, Juice

15

Scrambled Eggs, French Toast
Hash Brown, Sausage
Sliced Peppers
Warm Cinnamon Peaches

Bagel w/ Cream Cheese, Oranges

16

Orange Chicken over Rice
Steamed Asian Veggies
Fortune Cookie
Frozen Fruit Treat

17

No School

18

Muffin, Raisins

22

Cheesy Breadstick w/ Marinara
Fresh Spinach Salad
Apples

Cereal, Juice

23

Loaded Chicken Tot Casserole
Dinner Roll, Mixed Veggies
Fresh Melon

24

Banana Bread, Applesauce

Sloppy Joes
Oven Fries, Cheesy Broccoli
Fresh Grapes

25

Menu is subject to change without notice.

Whole Grain Bar, Pears

28

Chicken Strips
Breadstick
Fresh Cucumbers
Peaches

Crackers, PB, Applesauce

29

Cheeseburger
Lettuce, Tomato, Pickle
Oven Fries
Apples

Cereal, Juice

30

Riblets
Mashed Potatoes w/ Gravy
Dinner Roll, Mixed Salad
Oranges

No School

7

Zucchini Bread, Mixed Fruit

14

Chicken Nuggets
Mac & Cheese
Green Beans
Pineapple

21

No School

Whole Grain Bar, Pears

28

Chicken Strips
Breadstick
Fresh Cucumbers
Peaches

Crackers, PB, Applesauce

29

Cheeseburger
Lettuce, Tomato, Pickle
Oven Fries
Apples

Cereal, Juice

30

Riblets
Mashed Potatoes w/ Gravy
Dinner Roll, Mixed Salad
Oranges

Remember to fill out a new free/reduced lunch application! You have to fill out a new one every school year. You can do so online at EZMealApp.com
You can pay online also. That is at EZSchoolPay.com

Take a moment to read our school lunch debt policy. If your student owes lunch money they will not be able to participate in sports or other school activities.