


* * * **September 2023** * * *

Des Moines Public Schools Elementary Menu

DMPS is an Equal Opportunity Employer

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Two Breakfast Choices Daily!!</p> <p><u>2nd Breakfast Choice</u> Assorted Cereal Choices w/String Cheese or Cheese Cubes</p>	<p>Follow us: dmps_foodandnutrition</p>  <p>Instagram</p>			<p>1 <u>Breakfast</u> Beef Chorizo & Cheese Wrap Orange Juice/Fresh Apple Slices <u>Lunch</u> Cheese Pizza Or Walking Beef Taco W/Baked Chips <u>Daily Selections</u> Spanish Rice Black Beans Fresh Fruit & Salad Bar Applesauce</p>
<p>4 No School</p> 	<p>5 <u>Breakfast</u> Turkey, Egg & Cheese Breakfast Burrito Apple Juice/Fruit Cup <u>Lunch</u> Mini Chicken Corn Dogs Or Teriyaki Chicken Noodle Bowl <u>Daily Selections</u> Peas & Carrots Fresh Fruit & Salad Bar Pineapple w/Red Grapes</p>	<p>6 <u>Breakfast</u> Belgian Blueberry Waffle Orange Juice/Banana <u>Lunch</u> Beef/Turkey Pepperoni Pizza Or Beef & Bean Burrito <u>Daily Selections</u> Mexicali Corn Fresh Fruit & Salad Bar Fresh Orange Wedges</p>	<p>7 <u>Breakfast</u> Dannon Yogurt Smoothie w/Graham Crackers Berry Juice/Sour Berries Dried Fruit <u>Lunch</u> Chicken Nuggets w/Cinnamon Roll Or *Pork Lil' Smokies* w/Cinnamon Roll <u>Daily Selections</u> Mashed Potatoes Fresh Fruit & Salad Bar Peaches</p>	<p>8 <u>Breakfast</u> Turkey & Cheese Croissant Orange Juice/Fresh Apple Slices <u>Lunch</u> Cheese Pizza Or Hot Italian Turkey & Cheese Sandwich <u>Daily Selections</u> Green Beans Fresh Fruit & Salad Bar Strawberries & Bananas</p>
<p>11 <u>Breakfast</u> Pillsbury Cinni-Mini Rolls Orange Juice/Applesauce Cup <u>Lunch</u> Cheese Pizza Sticks w/Mariana Sauce Or Beef Cheeseburger <u>Daily Selections</u> Corn Fresh Fruit & Salad Bar Applesauce</p>	<p>12 <u>Breakfast</u> Bosco Breakfast Cheese Bread Stix Apple Juice/Fruit Cup <u>Lunch</u> Mini Chicken Corn Dogs Or Grilled Cheese Sandwich <u>Daily Selections</u> Tomato Soup Fresh Fruit & Salad Bar Pineapple</p>	<p>13 <u>Breakfast</u> Chocolate Chip French Toast Orange Juice/Banana <u>Lunch</u> Beef/Turkey Pepperoni Pizza Or Pancakes & Egg Patties <u>Daily Selections</u> Hash Brown Potatoes Fresh Fruit & Salad Bar Mandarin Oranges</p>	<p>14 <u>Breakfast</u> Peach Pancake Bowl Berry Juice/Sour Berries Dried Fruit <u>Lunch</u> Chicken Nuggets w/Roll Or Chicken Chili Crispitos <u>Daily Selections</u> Black Beans Fresh Fruit & Salad Bar Fruit Cocktail & Bananas</p>	<p>15 <u>Breakfast</u> Turkey Sausage & Cheese Uncrustable Hot Breakfast Sandwich Orange Juice/Fresh Apple Slices <u>Lunch</u> Cheese Pizza Or Oven Fried Chicken Drumstick w/Biscuit <u>Daily Selections</u> Sweet Potatoes Fresh Fruit & Salad Bar Peaches</p>
<p>18 <u>Breakfast</u> Coco Puffs Cereal Bar Orange Juice/Applesauce Cup <u>Lunch</u> Cheese Pizza Sticks w/Mariana Sauce Or Turkey Hot Dog <u>Daily Selections</u> Crispy Baked French Fries Fresh Fruit & Salad Bar Pears w/ Blueberries</p>	<p>19 <u>Breakfast</u> Strawberry Cream Cheese Bagel Breakfast Stick Apple Juice/Fruit Cup <u>Lunch</u> Mini Chicken Corn Dogs Or Citrus Asian Chicken w/ Brown Rice <u>Daily Selections</u> Roasted Cauliflower Fresh Fruit & Salad Bar Strawberries</p>	<p>20 <u>Breakfast</u> Confetti Pancakes Orange Juice/Banana <u>Lunch</u> Beef/Turkey Pepperoni Pizza Or Homestyle Macaroni & Cheese w/Roll <u>Daily Selections</u> Citrus Glazed Carrots Fresh Fruit & Salad Bar Fruit Cocktail</p>	<p>21 <u>Breakfast</u> Chocolate Chip Ultimate Breakfast Biscuit Berry Juice/Sour Berries Dried Fruit <u>Lunch</u> Chicken Nuggets w/Waffle Or *BBQ Pork Rib Patty on a Bun <u>Daily Selections</u> Corn Fresh Fruit & Salad Bar Pineapple & Mandarin Oranges</p>	<p>22 No School</p> 
<p>25 No School</p> 	<p>26 <u>Breakfast</u> Turkey, Egg & Cheese Breakfast Burrito Apple Juice/Fruit Cup <u>Lunch</u> Mini Chicken Corn Dogs Or Teriyaki Chicken Noodle Bowl <u>Daily Selections</u> Peas & Carrots Fresh Fruit & Salad Bar Pineapple w/Red Grapes</p>	<p>27 <u>Breakfast</u> Belgian Blueberry Waffle Orange Juice/Banana <u>Lunch</u> Beef/Turkey Pepperoni Pizza Or Beef & Bean Burrito <u>Daily Selections</u> Mexicali Corn Fresh Fruit & Salad Bar Fresh Orange Wedges</p>	<p>28 <u>Breakfast</u> Dannon Yogurt Smoothie w/Graham Crackers Fruit Punch Juice/Sour Berries Dried Fruit <u>Lunch</u> Chicken Nugget w/Cinnamon Roll Or *Pork Lil' Smokies w/Cinnamon Roll <u>Daily Selections</u> Mashed Potatoes Fresh Fruit & Salad Bar</p>	<p>29 <u>Breakfast</u> Turkey & Cheese Croissant Orange Juice/Fresh Apple Slices <u>Lunch</u> Cheese Pizza Or Hot Italian Turkey & Cheese Sandwich <u>Daily Selections</u> Green Beans Fresh Fruit & Salad Bar Strawberries & Bananas</p>

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