

# \*\*\* October 2023 Elementary Menu \*\*\*

## Des Moines Public Schools

DMPS is an equal opportunity provider.

Menus are subject to change without notice

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p><b>Breakfast</b> Cinni Minis Orange Juice Applesauce Cup</p> <p><b>Lunch</b> Cheese Pizza Sticks w/Marinara Sauce Or Cheeseburger (Beef) <u>Daily Selections</u> Corn Salad Bar Applesauce</p>	<p>3</p> <p><b>Breakfast</b> Bosco Cheese BreadStix Apple Juice Fruit Cup</p> <p><b>Lunch</b> Mini Chicken Corn Dogs Or Grilled Cheese Sandwich <u>Daily Selections</u> Tomato Soup Salad Bar Pineapple</p>	<p>4</p> <p><b>Breakfast</b> Chocolate Chip French Toast Orange Juice Banana</p> <p><b>Lunch</b> Beef &amp; Turkey Pepperoni Pizza Or Confetti Pancakes &amp; *Pork Sausage Patties* <u>Daily Selections</u> Hash Brown Potatoes Salad Bar Mandarin Oranges</p>	<p>5</p> <p><b>Breakfast</b> Peach Pancake Bowl Berry Juice Sour Berries Dried Fruit</p> <p><b>Lunch</b> Chicken Nuggets w/ Roll Or Chicken Chili Crisпитos <u>Daily Selections</u> Fiesta Black Beans Salad Bar Fruit Cocktail &amp; Bananas</p>	<p>6</p> <p><b>Breakfast</b> Turkey Sausage &amp; Cheese Uncrustable Orange Juice Slices Apples</p> <p><b>Lunch</b> Cheese Pizza Or Oven Fried Chicken Drumstick w/Southern Style Biscuit <u>Daily Selections</u> Sweet Potatoes Salad Bar Peaches</p>
<p>9</p> <p><b>NATIONAL Breakfast</b> Coco Puffs Cereal Bar Orange Juice Applesauce Cup</p> <p><b>Lunch</b> Cheese Pizza Sticks w/Marinara Sauce Or Turkey Hot Dog in a Coney Bun <u>Daily Selections</u> Oven Baked French Fries Salad Bar Pears &amp; Blueberries</p>	<p>10</p> <p><b>SCHOOL Breakfast</b> Strawberry Cream Cheese Bagel Breakfast Stick Apple Juice Fruit Cup</p> <p><b>Lunch</b> Mini Chicken Corn Dogs Or Citrus Asian Chicken w/Rice <u>Daily Selections</u> Roasted Cauliflower Salad Bar Strawberries</p>	<p>11</p> <p><b>LUNCH Breakfast</b> Confetti Pancakes Orange Juice Banana</p> <p><b>Lunch</b> Beef &amp; Turkey Pepperoni Pizza Or Homestyle Mac &amp; Cheese w/Roll <u>Daily Selections</u> Citrus Glazed Carrots Salad Bar Fresh Apple <b>Apple Crunch Day</b></p>	<p>12</p> <p><b>WEEK Breakfast</b> Chocolate Chip Ultimate Breakfast Biscuit Berry Juice Sour Berries Dried Fruit</p> <p><b>Lunch</b> Chicken Nuggets w/Waffle Or *Pork Rib Patty on a Bun <u>Daily Selections</u> Steamed Broccoli Salad Bar Pineapple &amp; Mandarin Oranges</p>	<p>13</p> <p><b>LEVEL UP!!! Breakfast</b> Beef Chorizo &amp; Cheese Wrap Orange Juice Slices Apples</p> <p><b>Lunch</b> Cheese Pizza Or Walking Beef Taco w/ Chips and Spanish Rice <u>Daily Selections</u> Fiesta Black Beans Salad Bar Applesauce</p>
<p>16</p> <p><b>No School</b></p> <p><b>National School Lunch Week Oct 9-Oct 13</b></p> 	<p>17</p> <p><b>No School</b></p> <p><b>MIDWEST GREAT APPLE CRUNCH</b></p> 	<p>18</p> <p><b>Breakfast</b> Belgian Blueberry Waffle Orange Juice Banana</p> <p><b>Lunch</b> Beef &amp; Turkey Pepperoni Pizza Or Beef &amp; Bean Burrito <u>Daily Selections</u> Mexicali Corn Salad Bar Fresh Orange Wedges</p>	<p>19</p> <p><b>Breakfast</b> Dannon Yogurt Smoothie w/States &amp; Capitals Crackers Berry Juice Sour Berries Dried Fruit</p> <p><b>Lunch</b> Chicken Nuggets w/ Cinnamon Roll Or *Pork Little Smokies Links w/ Cinnamon Roll <u>Daily Selections</u> Mashed Potatoes Salad Bar Peaches</p>	<p>20</p> <p><b>Breakfast</b> Turkey &amp; Cheese Croissant Orange Juice Slices Apples</p> <p><b>Lunch</b> Cheese Pizza Or Hot Italian Turkey &amp; Cheese Sandwich <u>Daily Selections</u> Green Beans Salad Bar Strawberries &amp; Bananas</p>
<p>23</p> <p><b>Breakfast</b> Cinni Minis Orange Juice Applesauce Cup</p> <p><b>Lunch</b> Cheese Pizza Sticks w/Marinara Sauce Or Cheeseburger (Beef) <u>Daily Selections</u> Corn Salad Bar Applesauce</p>	<p>24</p> <p><b>Breakfast</b> Bosco Cheese BreadStix Apple Juice Fruit Cup</p> <p><b>Lunch</b> Mini Chicken Corn Dogs Or Grilled Cheese Sandwich <u>Daily Selections</u> Tomato Soup Salad Bar Pineapple</p>	<p>25</p> <p><b>Breakfast</b> Chocolate Chip French Toast Orange Juice Banana</p> <p><b>Lunch</b> Beef &amp; Turkey Pepperoni Pizza Or Confetti Pancakes &amp; *Pork Sausage Patties* <u>Daily Selections</u> Hash Brown Potatoes Salad Bar Mandarin Oranges</p>	<p>26</p> <p><b>Breakfast</b> Peach Pancake Bowl Berry Juice Sour Berries Dried Fruit</p> <p><b>Lunch</b> Chicken Nuggets w/ Roll Or Chicken Chili Crisпитos <u>Daily Selections</u> Fiesta Black Beans Salad Bar Fruit Cocktail &amp; Bananas</p>	<p>27</p> <p><b>Breakfast</b> Turkey Sausage &amp; Cheese Uncrustable Orange Juice Slices Apples</p> <p><b>Lunch</b> Cheese Pizza Or Oven Fried Chicken Drumstick w/Southern Style Biscuit <u>Daily Selections</u> Sweet Potatoes Salad Bar Peaches</p>
<p>30</p> <p><b>Breakfast</b> Coco Puffs Cereal Bar Orange Juice Applesauce Cup</p> <p><b>Lunch</b> Cheese Pizza Sticks w/Marinara Sauce Or Turkey Hot Dog in a Coney Bun <u>Daily Selections</u> Oven Baked French Fries Salad Bar Pears &amp; Blueberries</p>	<p>31</p> <p><b>Breakfast</b> Strawberry Cream Cheese Bagel Breakfast Stick Apple Juice Fruit Cup</p> <p><b>Lunch</b> Mini Chicken Corn Dogs Or Citrus Asian Chicken w/Rice <u>Daily Selections</u> Roasted Cauliflower Salad Bar Strawberries</p>	<p><b>This menu is located at</b> <a href="https://dmschools.nutrislice.com">dmschools.nutrislice.com</a></p> 	<p><b>Two Breakfast Choices Daily!!</b> <b>2nd Breakfast Choice</b> Assorted Cereal Choices w/String Cheese or Cheese Cubes</p>	<p><b>* Contains Pork</b></p> <p><b>Prices:</b> Adult Breakfast \$2.50, Adult Lunch \$5.00 Milk \$.50</p>