

*** October 2013 Menu ***

Des Moines Public Schools

Menus are subject to change without notice

This menu can be found on the web www.dmschools.org

Monday	Tuesday	Wednesday	Thursday	Friday
<p>30 Week 2 Breakfast A All Beef Hot Dog on a Bun Or B Grilled Chicken Patty on a Bun</p> <p style="text-align: center;">Daily Selection Vegetarian Baked Beans Peppers Strips Pears w/Blueberries, Grapes</p>	<p>1</p> <p>A Mini Corn Dogs Or B Chili w/ Corn Muffin</p> <p style="text-align: center;">Daily Selection Savory Carrots Celery Sticks Fruit Cocktail, Banana</p>	<p>2</p> <p>A Chicken Nuggets w/ Roll Or B Pizza Sticks w/ Marinara Sauce</p> <p style="text-align: center;">Daily Selection Corn Romaine Salad, Applesauce, Orange Wedges</p>	<p>3</p> <p>A Cheeseburger on a Bun Or B Little Smokies Cinnamon Roll</p> <p style="text-align: center;">Daily Selection Mashed Potatoes Zucchini Moons Apricots, Cinnamon Apple Chunks</p>	<p>4</p> <p>A Yogurt Kydz-able Or B Cherry Blossom Chicken w/Fried Rice</p> <p style="text-align: center;">Daily Selection Steamed Broccoli, Cherry Tomatoes Peaches Watermelon Chunks</p>
<p>7 Week 3 Breakfast A Breaded Chicken Patty on a Bun Or B BBQ Pork Rib Patty on a Bun*</p> <p style="text-align: center;">Daily Selection Sweet Potato Fries, Cole Slaw, Mandarin Oranges, Cinnamon Apple Chunks</p>	<p>8</p> <p>A Chef Salad w/Cheese & Breadstick Or B Beef Taco w/ Tortilla</p> <p style="text-align: center;">Daily Selection Refried Beans, Lettuce, Pears, Kiwi</p>	<p>9</p> <p>A Chicken Nuggets Oat Topped Dinner Roll Or B Pasta w/Meat Sauce</p> <p style="text-align: center;">Daily Selection Green Beans, Spinach Salad, Peaches, Banana</p>	<p>10</p> <p>A Sausage Pizza Or B Deli Turkey Club Sandwich</p> <p style="text-align: center;">Daily Selection Peas & Carrots, Cherry Tomatoes Applesauce, Orange Wedges</p>	<p>11</p> <p>A Mini Pancakes w/Sausage Or B Baked Potato w/Cheese Sauce</p> <p style="text-align: center;">Daily Selection Whole Grain Dinner Roll Steamed Broccoli, Cucumber Slices Pineapple, Thicken Fruit</p>
<p>14 Week 4 Breakfast A All Beef Hot Dog on a Bun Or B Cheese Pizza</p> <p style="text-align: center;">Daily Selection Vegetarian Baked Beans Carrot Coins, Mandarin Oranges Cinnamon Apple Chunks</p>	<p>15</p> <p>A Mini Corn Dogs Or B Cheese Enchiladas</p> <p style="text-align: center;">Daily Selection Green Beans, Black Beans & Corn Salsa, Peaches Kiwi</p>	<p>16</p> <p>A Chicken Nuggets Whole Grain Roll Or B Fish Patty on a Bun</p> <p style="text-align: center;">Daily Selection Oven French Fries Veggie Salad, Pineapple, Orange Wedges</p>	<p>17</p> <p>A Hamburger on a Bun Or B Teriyaki Chicken Asian Noodles</p> <p style="text-align: center;">Daily Selection Stir Fry Veggies, Cherry Tomatoes Mandarin Oranges, Banana</p>	<p>18</p> <p>A Yogurt Kydz-able Or B Bean & Beef Burrito</p> <p style="text-align: center;">Daily Selection Corn, Romaine Salad, Applesauce, Grapes</p>
<p>21 Week 1 Breakfast A Breaded Chicken Patty on a Bun Or B Pepperoni Pizza</p> <p style="text-align: center;">Daily Selection Savory Carrots, Spinach Salad, Raisins, Orange Wedges</p>	<p>22</p> <p>A Chef Salad w/Turkey & Whole Grain Dinner Roll Or B Walking Taco w/ Spanish Rice</p> <p style="text-align: center;">Daily Selections Refried Beans, Lettuce Pears, Kiwi</p>	<p>23</p> <p>A Chicken Nuggets w/ Biscuit Or B BBQ Pork Rib Patty on a Bun*</p> <p style="text-align: center;">Daily Selection Peas & Carrots, Broccoli w/dip, Applesauce, Grapes</p>	<p>24</p> <p>A Macaroni & Cheese Or B Ranch Chicken Wrap</p> <p style="text-align: center;">Daily Selection Green Beans, Cherry Tomatoes Mandarin Oranges ,Banana</p>	<p>25</p> <p style="text-align: center;">No School</p>
<p>28 Week 2 Breakfast A All Beef Hot Dog on a Bun Or B Grilled Chicken Patty on a Bun</p> <p style="text-align: center;">Daily Selection Vegetarian Baked Beans Peppers Strips Pears, Grapes</p>	<p>29</p> <p>A Mini Corn Dogs Or B Chili w/ Corn Muffin</p> <p style="text-align: center;">Daily Selection Savory Carrots Celery Sticks Fruit Cocktail, Banana</p>	<p>30</p> <p>A Chicken Nuggets w/ Roll Or B Pizza Sticks w/ Marinara Sauce</p> <p style="text-align: center;">Daily Selection Corn Romaine Salad, Applesauce, Orange Wedges</p>	<p>31</p> <p>A Cheeseburger on a Bun Or B Little Smokies Cinnamon Roll</p> <p style="text-align: center;">Daily Selection Mashed Potatoes Zucchini Moons Apricots, Cinnamon Apple Chunks</p>	<p>Yogurt Kydz-able contains:</p> <p style="text-align: center;">Flavored Yogurt String Cheese Graham Crackers Vegetable Fruit</p> <p style="text-align: center;">This institution is an equal opportunity provider</p>

You can find a copy of the breakfast cycle menu on DMPS website.
www.dmschools.org

*These menu items contain pork.

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Meal Prices 2013-2014

	Breakfast	Lunch
Elementary	\$1.60	\$2.55
Middle School	\$1.70	\$2.60
High School	\$1.75	\$2.65
Adult	\$2.00	\$3.25
A la Carte Milk	\$.45	\$.45

A choice of Skim, 1% or Fat Free Chocolate milk is offered with each meal.

Pay for meals on-line

www.schoolpaymentsolutions.com