

*** August/September 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>Yogurt Kydz-able contains:</p> <p style="text-align: center;">Flavored Yogurt String Cheese Graham Crackers Vegetable Fruit</p> <p>This institution is an equal opportunity provider</p>			<p>22 Cereal, Co-Jack Cheese Applesauce or Juice A Grilled Chicken Patty on a Bun Or B Cheese Pizza Daily Selections Spinach Salad Cherry Tomatoes Mandarin Oranges, Banana</p>	<p>23 English Muffin Fruit Cocktail or Juice A Yogurt Kydz-able Or B Hamburger on a Bun Daily Selections Corn. Romaine Salad Applesauce, Grapes</p>
<p>26 Week 1 Breakfast</p> <p>A Breaded Chicken Patty on a Bun Or B Pepperoni Pizza Daily Selections Savory Carrots Spinach Salad Raisins, Orange Wedges</p>	<p>27</p> <p>A Chef Salad w/Turkey Whole Grain Dinner Roll Or B Walking Taco w/Spanish Rice Daily Selections Refried Beans, Lettuce Pears, Kiwi</p>	<p>28</p> <p>A Chicken Nuggets w/ Biscuit or B BBQ Pork Rib Patty on a Bun* Daily Selections Peas & Carrots Cherry Tomatoes Applesauce, Grapes</p>	<p>29</p> <p>A Macaroni & Cheese Or B Ranch Chicken Wrap Daily Selections Green Beans Broccoli w/dip Mandarin Oranges Banana</p>	<p>30</p> <p>A Mini Pancakes w/ Sausage* Or B Cheese Quesadilla Daily Selection Mexicali Corn, Celery Sticks, Pineapple, Cinnamon Apple Chunks</p>
<p>2</p> <p style="text-align: center;">Labor Day</p>	<p>3 Week 2 Breakfast</p> <p>A Mini Corn Dogs Or B Grilled Chicken Patty on a Bun Daily Selection Vegetarian Baked Beans Peppers Strips Pears w/Blueberries, Grapes</p>	<p>4</p> <p>A Chicken Nuggets w/ Roll Or B All Beef Hot Dog on a Bun Daily Selection Corn Romaine Salad, Applesauce, Orange Wedges</p>	<p>5</p> <p>A Cheeseburger on a Bun Or B Little Smokies Cinnamon Roll Daily Selection Mashed Potatoes Zucchini Moons Apricots, Cinnamon Apple Chunks</p>	<p>6</p> <p>A Yogurt Kydz-able Or B Cherry Blossom Chicken w/Fried Rice Daily Selection Steamed Broccoli, Cherry Tomatoes Peaches Watermelon Chunks</p>
<p>9 Week 3 Breakfast</p> <p>A Breaded Chicken Patty on a Bun Or B BBQ Pork Rib Patty on a Bun* Daily Selection Sweet Potato Fries, Cole Slaw, Mandarin Oranges, Cinnamon Apple Chunks</p>	<p>10</p> <p>A Chef w/Cheese & Breadstick Or B Beef Taco w/Tortilla Daily Selection Refried Beans, Lettuce, Pears, Kiwi</p>	<p>11</p> <p>A Chicken Nuggets Whole Grain Dinner Roll Or B Pasta w/Meat Sauce Daily Selection Green Beans, Spinach Salad, Peaches, Banana</p>	<p>12</p> <p>A Sausage Pizza Or B Deli Turkey Club Sandwich Daily Selection Peas & Carrots, Cherry Tomatoes Applesauce, Orange Wedges</p>	<p>13</p> <p>A Mini Pancakes w/Sausage* Or B Baked Potato w/Cheese Sauce Whole Grain Dinner Roll Daily Selection Steamed Broccoli, Cucumber Slices Pineapple, Thicken Fruit</p>
<p>16 Week 4 Breakfast</p> <p>A All Beef Hot Dog on a Bun Or B Cheese Pizza Daily Selection Vegetarian Baked Beans Carrot Coins, Mandarin Oranges Cinnamon Apple Chunks</p>	<p>17</p> <p>A Mini Corn Dogs Or B Cheese Enchiladas Daily Selection Green Beans, Black Beans & Corn Salsa, Peaches Watermelon Chunks</p>	<p>18</p> <p>A Chicken Nuggets Whole Grain Roll Or B Fish Patty on a Bun Daily Selection Oven French Fries Veggie Salad, Pineapple, Orange Wedges</p>	<p>19</p> <p>A Hamburger on a Bun Or B Teriyaki Chicken Asian Noodles Daily Selection Stir Fry Veggies, Cherry Tomatoes Mandarin Oranges, Banana</p>	<p>20</p> <p>A Yogurt Kydz-able Or B Bean & Beef Burrito Daily Selection Corn, Romaine Salad, Applesauce, Grapes</p>
<p>23 Week 1 Breakfast</p> <p>A Breaded Chicken Patty on a Bun Or B Pepperoni Pizza Daily Selection Savory Carrots, Spinach Salad, Raisins, Orange Wedges</p>	<p>24</p> <p>A Chef Salad w/Turkey & Whole Grain Dinner Roll Or B Walking Taco w/Spanish Rice Daily Selections Refried Beans, Lettuce Pears, Kiwi</p>	<p>25A Chicken Nuggets w/Biscuit Or B BBQ Pork Rib Patty on a Bun* Daily Selection Peas & Carrots, Cherry Tomatoes, Applesauce, Grapes</p>	<p>26</p> <p>A Macaroni & Cheese Or B Ranch Chicken Wrap Daily Selection Green Beans Broccoli w/dip, Mandarin Oranges ,Banana</p>	<p>27A Mini Pancakes w/ Sausage* Or B Cheese Quesadilla Daily Selection Mexicali Corn, Celery Sticks, Pineapple, Cinnamon Apple Chunks</p>

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

*These menu items contain pork.

You can now fill out a Free and Reduced Price Meal Application online. Go to www.dmschools.org for more details.

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