

DECEMBER 2018

DHS & Aspire Menu

It's not too late to fill out your 2018/19 annual Free or Reduced Price Meal Application!! You can apply online on your Infinite Campus Account!

Monday

H & S Breaded Chicken Sandwic OR Pizza Pocket OR Chicken Caesar Wrap OR Pepperoni Pizza OR Assorted Deli Sandwiches

> Garden Salad Steamed Broccoli

Breaded Chicken Sandwich OR Beef Nachos Supreme OR Turkey Deli Wrap OR Pepperoni Pizza OR Assorted Deli Sandwiches

> Garden Salad Corn Off the Cobb

H & S Breaded Chicken Sandwich 7 OR Bean & Cheese Burrito (V) OR BBQ Chicken Wrap OR Pepperoni Pizza OR Assorted Deli Sandwiches

> Garden Salad Sweet Potato Fries

Tuesday

Juicy Hamburger/Cheeseburger / OR Chicken & Cheese Taguitos OR Popcorn Chicken Salad w/Roll OR Cheese Pizza (V) OR Assorted Deli Sandwiches

BURGER BAR

Cucumbers Garlic Fries

Juicy Hamburger/Cheeseburger 1 Or Cheese Quesadilla (V) OR Taco Salad w/Chips OR Cheese Pizza (V) OR Assorted Deli Sandwiches

BURGER BAR

Baby Carrots Tator Tots

Holiday Meal 18

Roasted Turkey w/Corn Muffin OR Crispy Chicken Tenders w/Corn Muffin OR SW Chicken Salad w/Chips OR Cheese Pizza (V) Mashed Potatoes w/Gravy Green Beans Seasonal Fresh Fruit Chocolate Chip Cookie

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Wednesday

Soup & Sandwich Combo: Chicken Noodle Soup OR Cheese Ravioli w/Breadstick (V) OR Asian Chicken Salad w/Roll OR Hawaiian Pizza OR Assorted Deli Sandwiches

BUILD YOUR OWN SALAD BAR

Crunchy Celery Green Beans

Delayed Start

Teriyaki Chicken & Rice Bow OR Grilled Turkey & Cheese Flatbread OR Asian Chicken Salad w/Roll OR Hawaiian Pizza OR Assorted Deli Sandwiches

BUILD YOUR OWN SALAD BAR

Crunchy Celery Green Peas

DHS Min Day

Orange Chicken & Rice Bowl OR Meatball Sub OR Asian Chicken Salad w/Roll OR Hawaiian Pizza OR Assorted Deli Sandwiches Crunchy Celery Spicy Refried Beans

Thursday

Juicy Hamburger/Cheeseburger OR Popcorn Chicken Bowl w/R OR SW Chicken Salad w/Chips OR Cheese Pizza (V) OR Assorted Deli Sandwiches

BURGER BAR

Baby Carrots Refried Beans

Juicy Hamburger/Cheeseburger13 OR "Fried" Chicken Drumstick OR Popcorn Chicken Salad w/Roll OR Cheese Pizza (V) OR Assorted Deli Sandwiches

> **BURGER BAR** Cucumbers Baked Beans

DHS Min Day

Juicy Hamburger/Cheeseburge OR Chef's Salad w/Breadstick OR Cheese Pizza (V) OR Assorted Deli Sandwiches **BURGER BAR** Cucumbers

Hot French Fries

Friday

Crispy Chicken Tenders w/Rol OR Cheesy Bites w/Marinara (V) OR Chicken Caesar Salad w/Roll OR Buffalo Chicken/Cheese Pizza (V) OR Assorted Deli Sandwiches

> Garden Salad Sweet Corn

Chicken Nuggets w/Roll OR Hot Dog

OR Grilled Chicken Salad w/Breadstick OR Veggie/Pepperoni Pizza (V) OR Assorted Deli Sandwiches

> Garden Salad Roasted Broccoli Tops

DHS Min Day

Soft Pretzel w/Cheese (V) OR Chicken Caesar Salad w/Croutons OR Pepperoni Pizza OR Assorted Deli Sandwiches

> Garden Salad Green Peas

You can pay for school meals through your IC account



Winter Break

Offered Daily

Ice cold skim. 1%, or fat free chocolate milk, assorted fruit & veggies, turkey, roast beef, Italian trio, & ham & cheese deli sandwiches!

Meal Prices:

Full Paid Lunch: \$3.75 **Reduced Price Lunch:** \$0.40 **Adult Lunch:** \$4.00



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Menu subject to change without notice. This Institution is an equal opportunity employer.

In accordance with Federal law and U.S. Department of Agriculture (USDA) policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability.

If your child has a negative balance or does not have money for meals, they will be offered a complimentary meal consisting of the fruits and vegetables of the day at no charge.