

DEER CREEK PUBLIC SCHOOLS MIDDLE SCHOOL LUNCH MENU 2011-2012

DC CHILD NUTRITION**LISA HALL,DIRECTOR**20701 N. MACARTHUR BLVD.,EDMOND,OK. 73012 (405)348-6100 X111

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	CHEESEBURGER WHOLE GRAIN BUN LETTUCE/TOMATO/PICKLE OVEN BAKED SWEET- POTATO FRIES LOW FAT MILK	SWEET & SOUR CHICKEN RICE AND EGG ROLL ORIENTAL STEAMED VEGETABLES PINEAPPLE LOW FAT MILK	REDUCED FAT MACARONI AND CHEESE. STEAMED PEAS RIP STICK WHOLE GRAIN FRUIT LOW FAT MILK	CHICKEN NUGGETS FRESH MIX FRUIT WHOLE DINNER ROLL LOW FAT MILK	FLATBREAD PIZZA STEAMED CORN PEARS LOW FAT MILK
WEEK 2	BAR-B-QUEUE SANDWICH WHOLE GRAIN BUN BAKED BEANS&COLESLAW CHERRIE SQUARES LOW FAT MILK	CHIKCEN FAJITA GRILLED VEGETABLES LETTUCE,TOMATO,CHEESE FRESH SLICE APPLES LOW FAT MILK	POTATO BAR W/ FIXINGS STEAMED BROCCOLI MANDARIN ORANGES BREAD STICKS LOW FAT MILK	CHICKEN NUGGETS POTATOES AND GRAVY PEACHES WHOLE GRAIN BISCUIT LOW FAT MILK	FRENCH BREAD PIZZA FRESH SPINACH SALAD FRESH MIXED FRUIT LOW FAT MILK
WEEK 3	TURKEY CORN DOG OVEN BAKED SWEET- POTATO FRIES STRAWBERRIES CAKE LOW FAT MILK	BURRITOS SALSA SPRING MIX SALAD FRESH FRUIT COOKIES LOW FAT MILK	POTATO CRUNCH FISH WITH TARTER SAUCE OVEN BAKED FRIES TROPICAL FRUIT LOW FAT MILK	STEAK FINGERS CONRN ON THE COB FRUIT WHEAT ROLL LOW FAT MILK	FIESTA PIZZA MEXICAN SALAD APPLES WITH DIP LOW FAT MILK
WEEK 4	GRILLED CHICKEN- SANDWICH W/ LETTUCE/TOMATO/PICKLE OVEN BAKED FRIES MIXED FRUIT LOW FAT MILK	TACO SALAD BLACK BEANS LETTUCE AND TOMATO CINNAMON APPLES SALSA LOW FAT MILK	SPAGHETTI W/ MEAT SAUCE STEAMED GREEN BEANS FRENCH BREAD PEARS LOW FAT MILK	CHICKEN NUGGETS POTATOES AND GRAVY PEACHES WHOLE GRAIN BISCUIT	PIZZA STICKS WITH DIP STEAMED CORN FRUIT CRISP LOW FAT MILK

PAY FOR LUNCHES ONLINE BY GOING TO mynutrikids.com

AVAILABLE EVERYDAY AS ADD ONS	PAID LUNCHES	PARENTS INTERESTED IN APPLYING FOR THE FREE/REDUCED LUNCH PROGRAM CAN PICK UP AN APPLICATION IN THE SCHOOL OFFICE OR IN THE CAFÉ. IT TAKES A FEW DAYS FOR THE FORMS TO BE PROCESSED AND THE STUDENT IS STILL RESPONSIBLE FOR \$2.45 PER LUNCH UNTIL THE APPLICATION PROCEDURE IS COMPLETED. THE PARTICIPATION IN THE PROGRAM IS COMPLETELY CONFIDENTIAL .	THIS MENU MADE WITH LEAN MEATS, WHOLE GRAINS, FRESH PRODUCE FRUITS AND NO PEANUT PRODUCTS MENU SUBJECT TO CHANGE W/O NOTICE
* COOKIES-3 FOR \$1.00 OR .35 EACH	\$2.45 DAILY		
*EXTRA ENTREES-\$1.60	20 PAID LUNCHES @\$49.00		
*FRESH FRUIT, YOGURT AND JELL-O .50	REDUCED LUNCHES		
*ASSORTED SNACKS 100 CAL.-.85	.40 DAILY		
*BOTTLED MILK, DRINKS-\$1.00	20 REDUCED @ \$8.00		

ON MONDAY, WEDNESDAY AND FRIDAY'S MEAL CHOICES ARE: THE MAIN MEAL@\$2.45, A PRETZEL WITH CHEESE @\$1.60 OR A SUB SANDWICH.

ON TUESDAY'S AND THURSDAY'S THE MEAL CHOICES ARE: THE MAIN MEAL@\$2.45, NACHOS@\$1.60 OR A SUB SANDWICH.

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