



# October 2022 | Dunham Elementary School | Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> <b>Main Entree</b> Pepperoni Pizza Bagel Cheese Pizza Bagel Cheese Pocket Grilled Cheese Sandwich Wowbutter & Jelly Sandwich  <b>Vegetable</b> Seasoned Wedge Fries Fresh Side Salad  <b>Fruit</b> Craisins  <b>Milk</b> Chocolate Fat Free Milk Low Fat (1%) Milk Fat Free (Skim) Milk	<b>4</b> <b>Main Entree</b> Roasted Chicken Wings Cheeseburger Hamburger Wowbutter & Jelly Sandwich Grilled Cheese Sandwich  <b>Grain</b> Cheddar Mac & Cheese  <b>Vegetable</b> Baby Carrots Fresh Side Salad  <b>Fruit Juice</b> Cherry Limeade Fruit Juice Slush  <b>Milk</b> Chocolate Fat Free Milk Low Fat (1%) Milk	<b>5</b> <b>Main Entree</b> Cheese Roll Ups Chicken Patty Sandwich Wowbutter & Jelly Sandwich Grilled Cheese Sandwich  <b>Vegetable</b> Refried Beans Fresh Side Salad  <b>Fruit</b> Orange  <b>Milk</b> Chocolate Fat Free Milk Low Fat (1%) Milk Fat Free (Skim) Milk  <b>Condiments</b> Taco Sauce Packet	<b>6</b> <b>Main Entree</b> Pepperoni Pizza Cheese Pizza Bean & Cheese Burrito Wowbutter & Jelly Sandwich Grilled Cheese Sandwich  <b>Vegetable</b> Baby Carrots Fresh Side Salad  <b>Fruit</b> Sour Strawberry Raisins  <b>Milk</b> Chocolate Fat Free Milk Low Fat (1%) Milk Fat Free (Skim) Milk	<b>7</b>



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MONDAY

17

■ **Main Entree**

- Breaded Mozzarella Sticks
- Cheeseburger Sliders
- Wowbutter & Jelly Sandwich
- Grilled Cheese Sandwich

■ **Vegetable**

- Steamed Broccoli
- Fresh Side Salad

■ **Fruit**

- Fruit Mix, Zee Zee's

■ **Milk**

- Chocolate Fat Free Milk
- Low Fat (1%) Milk
- Fat Free (Skim) Milk

■ **Condiments**

- Marinara Sauce Dip Cup

TUESDAY

18

■ **Main Entree**

- Sweet & Sour Meatballs
- Bean & Cheese Burrito
- Wowbutter & Jelly Sandwich
- Grilled Cheese Sandwich

■ **Grain**

- Fried Rice

■ **Vegetable**

- Baby Carrots
- Fresh Side Salad

■ **Fruit**

- Sour Strawberry Raisins

■ **Milk**

- Chocolate Fat Free Milk
- Low Fat (1%) Milk
- Fat Free (Skim) Milk

WEDNESDAY

19

■ **Main Entree**

- Chicken & Cheese Empanada
- Fish Nuggets
- Wowbutter & Jelly Sandwich
- Grilled Cheese Sandwich

■ **Grain**

- Garlic Breadstick

■ **Vegetable**

- Refried Beans
- Fresh Side Salad

■ **Fruit**

- Watermelon

■ **Milk**

- Chocolate Fat Free Milk
- Low Fat (1%) Milk
- Fat Free (Skim) Milk

THURSDAY

20

■ **Main Entree**

- Baked Chicken
- Maple Belgian Waffle
- Corn Dog
- Wowbutter & Jelly Sandwich
- Grilled Cheese Sandwich

■ **Vegetable**

- Baby Carrots
- Fresh Side Salad

■ **Fruit**

- Red Grapes

■ **Milk**

- Chocolate Fat Free Milk
- Low Fat (1%) Milk
- Fat Free (Skim) Milk

FRIDAY

21

■ **Main Entree**

- French Bread Pepperoni Pizza
- French Bread Cheese Pizza
- Quesadilla
- Wowbutter & Jelly Sandwich
- Grilled Cheese Sandwich

■ **Vegetable**

- Seasoned Crinkle Fries
- Fresh Side Salad

■ **Fruit**

- Apple

■ **Milk**

- Chocolate Fat Free Milk
- Low Fat (1%) Milk
- Fat Free (Skim) Milk



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MONDAY

24

**Main Entree**

Pork Little Smokies

Fish Nuggets

Wowbutter & Jelly Sandwich

Grilled Cheese Sandwich

**Grain**

Flour Tortilla (8")

**Vegetable**

Charro Beans

Fresh Side Salad

**Fruit**

Peaches, Zee Zee's

**Milk**

Chocolate Fat Free Milk

Low Fat (1%) Milk

Fat Free (Skim) Milk

TUESDAY

25

**Main Entree**

Chicken Tenders

Corn Dog

Wowbutter & Jelly Sandwich

Grilled Cheese Sandwich

**Grain**

Vanilla Crackers

**Vegetable**

Baby Carrots

Fresh Side Salad

**Fruit Juice**

Hula Cooler Fruit Juice Slush

**Milk**

Chocolate Fat Free Milk

Low Fat (1%) Milk

Fat Free (Skim) Milk

WEDNESDAY

26

**Main Entree**

Breaded Mozzarella Sticks

Chicken Patty Sandwich

Wowbutter & Jelly Sandwich

Grilled Cheese Sandwich

**Vegetable**

Steamed Broccoli

Fresh Side Salad

**Fruit**

Watermelon

**Milk**

Chocolate Fat Free Milk

Low Fat (1%) Milk

Fat Free (Skim) Milk

**Condiments**

Marinara Sauce Dip Cup

THURSDAY

27

**Main Entree**

Roasted Chicken Wings

Cheese Filled Breadsticks

Wowbutter & Jelly Sandwich

Grilled Cheese Sandwich

**Grain**

Cheddar Mac & Cheese

**Vegetable**

Baby Carrots

Fresh Side Salad

**Fruit**

Banana

**Milk**

Chocolate Fat Free Milk

Low Fat (1%) Milk

Fat Free (Skim) Milk

FRIDAY

28

**Main Entree**

Pepperoni Pizza

Cheese Pizza

Cheeseburger

Hamburger

Wowbutter & Jelly Sandwich

Grilled Cheese Sandwich

**Vegetable**

Seasoned Crinkle Fries

Fresh Side Salad

**Fruit**

Apple

**Milk**

Chocolate Fat Free Milk

Low Fat (1%) Milk

Fat Free (Skim) Milk