

# Divine Mercy Academy Lunch Menu October 2021



## What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate  
Choice of Vegetable, Choice of Fruit\*  
Choice of Grain/Bread,  
and Choice of Milk

\*Students must choose at least one fruit or vegetable



## Fresh Fruits and Vegetables



\*Vegetables may include:

- Broccoli Florets
- Baby Carrots
- Dark Leafy Greens
- Legume Salads
- Celery & Cucumber

\*May choose two 1/2 cup servings

\*Fruits may include:

- Sliced Peaches
- Mixed Fruit
- Fresh Orange
- Banana
- Diced Pears
- Applesauce

\*May choose one 1/2 cup serving

**MENUS SUBJECT TO CHANGE**



## Milk Choices Offered Daily

1% Chocolate, 1% White and Fat Free White

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Daily Choices
				1 Cheese Pizza Steamed Broccoli Mixed Fruit Cup	Pretzel & Cheese Sauce French Bread Pizza PB&J Sandwich Chicken Sandwich Cheeseburger
4 Lasagna Roll up Green Beans Sliced Peaches	5 Walking Taco Steamed Carrots Applesauce	6 French Toast Sticks Tater Tots Banana	7 Pork BBQ Sandwich Fresh Cole Slaw Mandarin Oranges	8 Pasta w/ Meat Sauce Garden Salad Diced Pears	
11 Mac & Cheese Steamed corn Orange	12 Chicken Soft Taco Garden Salad Diced Peaches	13 Pancakes & Sausage Tater Tots Blueberries	14 Italian Hoagie Crinkle Cut Fries Diced Pears	15 Dunkers Steamed Carrots Strawberries	
18 Popcorn Chicken Steamed Corn Applesauce	19 Nacho Bites Steamed Carrots Sliced Peaches	20 Waffles & Sausage Tater Tots Blueberries	21 General Tso's Rice Diced Pears	22 Grandslam Pizza	
25 Chicken Tenders Steamed Corn Apple Slices	26 Beef Nachos Black Bean Salsa Diced Peaches	27 Cinnamon Roll Potato Wedges Diced Pears	28 Corn Dog Nuggets Green Beans Apple	29 NO School	

The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE

**Lunch cards (10 lunches) \$35.00**  
**Milk cards (30 tickets) \$13.00**  
**All Checks Payable to Divine Mercy Academy**