Milk

Dempsey LUNCH MENU

Full Student Lunch = \$3.00 Reduced Lunch = \$0.40 Breakfast = \$1.50 / Reduced = \$0.30

Adult Lunch = \$4.50

Corn Dog on Stick Big Daddy's Pizza Dutch Waffle w/ Boneless Wings Chicken Drumstick Tostito Chips w/ Salsa w/side of Mac & Cheese Seasoned Fries Golden Corn Turkey Sausage Fresh Broccoli w/Ranch Garden Salad Baby Carrots w/ Green Beans Herb Roasted Potatotes Cherry Tomatoes Apple Slices Diced Peaches Hummus Veggie Juice Box Applesauce Cup Strawberries Orange Wedges Cookie BBQ Sandwich Hot Deli Sub Chicken Sandwich Chicken Sandwich Fish Taco Marinara Meatballs Popcorn Chicken Cheeseburgeror Pepperoni Pizza Meatless Lasagna w/Breadstick Dinner Roll Green Beans Hamburger w/Fried Rice Crisp Green Salad Loaded Mashed Potatoes | Baby Carrots w/ Hummus Ranch Wedge Fries **Buttered Corn** Fresh Cucumber Slices Fresh Veggies w/ranch Applesauce Cup Celery Sticks Veggie Juice Box Strawberries Fresh Fruit in Season Diced Peaches Apple Slices Cookie Chicken Sandwich BBQ Sandwich Hot Deli Sub Chicken Sandwich Fish Taco Pepperoni Calzone Double Dogs Big Daddy's Pizza Chicken Nuggets Macaroni & Cheese Sweet Peas and Carrots Baked Cheetos Golden Corn Homemade Baked Beans Green Beans Celery & Carrot Sticks Tossed Romaine Salad Fresh Broccoli w/Ranch Seasoned Fries Baby Carrots w/ranch Chilled Fruit Cup Veggie Juice Box Fresh Fruit in Season Diced Peaches Fresh Grapes Apple Slices Cookie **BBQ Sandwich** Hot Deli Sub Chicken Sandwich Chicken Sandwich Fish Taco Homestyle Chicken Cheese Pizza Beef Taco Wrap Pancake Sausage Mozzarella Sandwich Green Beans w/lettuce&cheese Breadsticks Bites Oven Baked Fries Tortilla Chips Fresh Broccoli w/ranch Marinara Cup Hash Browns Baby Carrots w/ranch Salsa Cup Mixed Fruit Cup Crisp Romaine Salad Fresh Veggies w/ranch Fiesta Black Beans Fresh Apple Diced Peaches Orange Wedges Applesauce Cup Cookie Chicken Sandwich **BBQ Sandwich** Chicken Sandwich Hot Deli Sub Fish Taco Italian Pastaw/ Chicken Tenders Choice of Pizza Pacer Double Pizza Crunchers **Buttered Corn** Garlic & Herb Broccoli W/Dinner Roll Pepperoni Meat Sauce Burger Fresh Veggies w/Ranch Breadstick Mashed Potatoes Marinara Cup SunChips Chilled Side Salad Veggie Juice Box Fresh Fruit in Season Peaches Green Beans Baby Carrots w/Hummus Applesauce Cup Cookie Cherry Tomatoes Fresh Fruit in Season Apple Slices Chicken Sandwich BBQ Sandwich Chicken Sandwich Fish Taco Hot Deli Sub **BREAKFAST MENU** Wednesday Thursday Tuesday Monday Whole Grain Pop Tart Mini Cinnis Pastry Yogurt Cocoa Cherry Bar Otis Spunkmeyer Muffin & Choice of Cereal 2 Assorted Fruits/Juice 2 Assorted Fruits/Juice 2 Assorted Fruits/Juice 2 Assorted Fruits/Juice 2 Assorted Fruits/Juice

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2022-2023 Lunch Cycle Menu Calendar

Follow the menu with its calendar day. Each week is represented by a color and represents a five-week cycle. An "X" on any calendar day indicates a "No School" day.

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Get your school's monthly menu online at: dcsschoolmeals.com

Daily Specials:

- M- Chicken Sandwich
- T- BBQ Sandwich
- W-Chicken Sandwich TH- Hot Deli
- Sub F- Fish Taco

Daily Alternate Entrees:

PBJ Uncrustable Deli Sub Chef Salad

A choice of Milk is included in a full meal.

Assorted Fresh Fruits, Fresh Veggies, and Hummus are available daily!

Apply online for Free & Reduced Meal Benefits at: myschoolapps.com

A la carte' items are available to purchase. No Charging is

allowed for a la carte.

Parents are encouraged to Pre-Pay for extra items online at:

Payschoolscentral.com

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This Institution is an Equal Opportunity Provider.

Please note that all school meals are subject to change due to unplanned school closings or product availability.

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