**\* \* \*October 2020 Menu \* \* \***

**Des Moines Public Schools**

 Menus are subject to change without notice This menu can be found on the web www.dmschools.org

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| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| This institution is an equal opportunity providerAll Grab n Go meals will also contain 2 milks | **twitter-icon-64**Follow us on TwitterDMPS\_Dining |  | \*These menu items contain pork. |  |
| **12 Week 3**Beef Chorizo & Cheese WrapOrange JuiceApple SlicesMini Corn Dogs ZucchiniAppleOatmeal Cookie | **13**Orange Glazed Cinnamon RollString CheeseApple JuicePear CupBeef & Bean BurritoOrangeSalsa Cup | **14** Cocoa Filled BarCheddar Chex MixOrange JuiceApplesauce CupYogurtString CheeseBlueberry MuffinCraisinTropical Fruit Juice | **15**Chocolate Breakfast RoundChocolate Chex MixBerry JuiceDried PineappleCheese PizzaFresh BroccoliBanana | **16**Maple GriddlerOrange JuiceWatermelon CraisinsTurkey SandwichCucumbersApplesauce CupCheez-its Crackers |
| **19 Week 4** **In School**Cherry Frudel, String CheeseOrange JuiceApple SlicesCheeseburger on a BunFresh BroccoliBerry Juice | **20**Apple Jacks Cereal KitPear CupAsian Pot StickersBaby CarrotsBanana | **21** Chocolate Chip French ToastGraham CrackersOrange JuiceApplesauce CupYogurtString CheeseGranola, Craisin Tropical Fruit Juice | **22**Cherry Frudel, String CheeseOrange JuiceApple SlicesCheeseburger on a BunFresh BroccoliBerry Juice | **23**Apple Jacks Cereal KitPear CupAsian Pot StickersBaby CarrotsBanana |
| **19 Take Home Meals**Egg & Cheese Wrap, Orange Juice, CraisinsApple Jacks Meal KitPear CupBreaded Chicken SandwichAsian Pot StickersCarrots, Broccoli, Kiwi, Banana | **20 Take Home Meals**Choc. Chip Fr. ToastGraham CrackersTurkey Ham & Cheese CroissantApplesauce Cup, Dried Pineapple, Orange Juice,Berry JuiceYogurt Kydz-able, Craisins, Tropical Juice, Cheese PizzaBroccoli, Pear Cup | **21****No Take Home Meals** | **22 Take Home Meals**Egg & Cheese Wrap, Orange Juice, CraisinsApple Jacks Meal KitPear CupBreaded Chicken SandwichAsian Pot StickersCarrots, Broccoli, Kiwi, Banana | **23 Take Home Meals**Choc. Chip Fr. ToastGraham CrackersTurkey Ham & Cheese CroissantApplesauce Cup, Dried Pineapple, Orange Juice,Berry Juice, Yogurt Kydz-able, Craisins, Tropical Juice, Cheese PizzaBroccoli, Pear Cup |
| **26 Week 1** **In School**Cinni-Mini, String CheeseOrange JuiceApple SlicesChicken Nuggets w/ Dinner RollGrape TomatoesBanana | **27**Blueberry WafflesCheez-its CrackersApple JuicePear CupHot Dog on a BunCelery SticksApplesauce Cup | **28** Nutrigrain BarChocolate Chex MixOrange JuiceApplesauce CupYogurt, String CheeseBlueberry MuffinCraisinTropical Fruit Juice | **29**Cinni-Mini, String CheeseOrange JuiceApple SlicesChicken Nuggets w/ Dinner RollGrape TomatoesBanana | **30**No School |
| **26 Take Home Meals**Chicken & Waffle SammieOrange Juice, CraisinsBlueberry Waffle, Cheez-itApple Juice, Pear CupNuggets, Dinner Roll, Carrots, Apple, Celery SticksHot Dog w/Bun, Applesauce Cup | **27 Take Home Meals**Nutrigrain Bar, Choc. Chex Mix, Breakfast Sandwich, Applesauce Cup, Dried Pineapple, Orange Juice, Berry JuiceYogurt, String Cheese, Muffin, Craisins, Tropical Juice, Turkey Sandwich, Broccoli, Orange | **28** **No Take Home Meals** | **29 Take Home Meals**Chicken & Waffle SammieOrange Juice, CraisinsBlueberry Waffle, Cheez-itApple Juice, Pear CupNuggets, Dinner Roll, Carrots, Apple, Celery SticksHot Dog w/Bun, Applesauce Cup | **30**No School |

**Meal Prices 2020-2021**

 **Breakfast**  **Lunch**

Elementary $0.00 $2.80

Middle School $1.75 $2.85

High School $1.80 $2.95

Adult $2.10 $3.85

A la Carte Milk $ .50 $ .50

A choice of Skim, 1% or Fat Free Chocolate milk is offered with each meal.

You can pay online at

myschoolbucks.com

You can now fill out a Free and Reduced Price Meal Application online. Go to www.dmschools.org for more details.