**\* \* \*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 provider  All Grab n Go meals will also contain 2 milks | **twitter-icon-64**  Follow us on Twitter  DMPS\_Dining |  | \*These menu items contain pork. |  |
| **12 Week 3**  Beef Chorizo & Cheese Wrap  Orange Juice  Apple Slices  Mini Corn Dogs  Zucchini  Apple  Oatmeal Cookie | **13**  Orange Glazed Cinnamon Roll  String Cheese  Apple Juice  Pear Cup  Beef & Bean Burrito  Orange  Salsa Cup | **14** Cocoa Filled Bar  Cheddar Chex Mix  Orange Juice  Applesauce Cup  Yogurt  String Cheese  Blueberry Muffin  Craisin  Tropical Fruit Juice | **15**  Chocolate Breakfast Round  Chocolate Chex Mix  Berry Juice  Dried Pineapple  Cheese Pizza  Fresh Broccoli  Banana | **16**  Maple Griddler  Orange Juice  Watermelon Craisins  Turkey Sandwich  Cucumbers  Applesauce Cup  Cheez-its Crackers |
| **19 Week 4**  **In School**  Cherry Frudel, String Cheese  Orange Juice  Apple Slices  Cheeseburger on a Bun  Fresh Broccoli  Berry Juice | **20**  Apple Jacks Cereal Kit  Pear Cup  Asian Pot Stickers  Baby Carrots  Banana | **21** Chocolate Chip French Toast  Graham Crackers  Orange Juice  Applesauce Cup  Yogurt  String Cheese  Granola, Craisin  Tropical Fruit Juice | **22**  Cherry Frudel, String Cheese  Orange Juice  Apple Slices  Cheeseburger on a Bun  Fresh Broccoli  Berry Juice | **23**  Apple Jacks Cereal Kit  Pear Cup  Asian Pot Stickers  Baby Carrots  Banana |
| **19 Take Home Meals**  Egg & Cheese Wrap, Orange Juice, Craisins  Apple Jacks Meal Kit  Pear Cup  Breaded Chicken Sandwich  Asian Pot Stickers  Carrots, Broccoli, Kiwi, Banana | **20 Take Home Meals**  Choc. Chip Fr. Toast  Graham Crackers  Turkey Ham & Cheese Croissant  Applesauce Cup, Dried Pineapple, Orange Juice,  Berry Juice  Yogurt Kydz-able, Craisins, Tropical Juice, Cheese Pizza  Broccoli, Pear Cup | **21**  **No Take Home Meals** | **22 Take Home Meals**  Egg & Cheese Wrap, Orange Juice, Craisins  Apple Jacks Meal Kit  Pear Cup  Breaded Chicken Sandwich  Asian Pot Stickers  Carrots, Broccoli, Kiwi, Banana | **23 Take Home Meals**  Choc. Chip Fr. Toast  Graham Crackers  Turkey Ham & Cheese Croissant  Applesauce Cup, Dried Pineapple, Orange Juice,  Berry Juice,  Yogurt Kydz-able, Craisins, Tropical Juice, Cheese Pizza  Broccoli, Pear Cup |
| **26 Week 1**  **In School**  Cinni-Mini, String Cheese  Orange Juice  Apple Slices  Chicken Nuggets w/ Dinner Roll  Grape Tomatoes  Banana | **27**  Blueberry Waffles  Cheez-its Crackers  Apple Juice  Pear Cup  Hot Dog on a Bun  Celery Sticks  Applesauce Cup | **28**  Nutrigrain Bar  Chocolate Chex Mix  Orange Juice  Applesauce Cup  Yogurt, String Cheese  Blueberry Muffin  Craisin  Tropical Fruit Juice | **29**  Cinni-Mini, String Cheese  Orange Juice  Apple Slices  Chicken Nuggets w/ Dinner Roll  Grape Tomatoes  Banana | **30**  No School |
| **26 Take Home Meals**  Chicken & Waffle Sammie  Orange Juice, Craisins  Blueberry Waffle, Cheez-it  Apple Juice, Pear Cup  Nuggets, Dinner Roll, Carrots, Apple, Celery Sticks  Hot Dog w/Bun, Applesauce Cup | **27 Take Home Meals**  Nutrigrain Bar, Choc. Chex Mix, Breakfast Sandwich, Applesauce Cup, Dried Pineapple, Orange Juice, Berry Juice  Yogurt, String Cheese, Muffin, Craisins, Tropical Juice, Turkey Sandwich, Broccoli, Orange | **28**  **No Take Home Meals** | **29 Take Home Meals**  Chicken & Waffle Sammie  Orange Juice, Craisins  Blueberry Waffle, Cheez-it  Apple Juice, Pear Cup  Nuggets, Dinner Roll, Carrots, Apple, Celery Sticks  Hot 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.