



September 26th-October 21st

## Del Mar Union School District Menu

Each entrée features milk, compostable packaging & utensils!

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	<u>26-Sep</u>	<u>27-Sep</u>	<u>28-Sep</u>	<u>29-Sep</u>	<u>30-Sep</u>
Option 1	Handrolled Beef & Bean Burrito Fresh Fruit of the Day	ABF Chicken "Fried" Rice Fresh Fruit of the Day	Whole Grain Barilla Spaghetti Marinara Sunflower Seeds Fresh Fruit of the Day	ABF Coleman Naturals Homemade Bagel Dog Coleslaw Fresh Fruit of the Day	Ling's Chicken Potstickers with Rice and Carrots Fresh Fruit of the Day
Option 2	Homemade ABF Chicken Noodle Soup Fresh Fruit of the Day Pretzels	Perfect Cheese Ravioli with Marinara Fresh Fruit of the Day	Genuine Annie's Mac & Cheese Sunflower Seeds Fresh Fruit of the Day	Breakfast Burrito with Eggs and Cheese Fresh Fruit of the Day	Whole Grain Barilla Penne w/Meat Sauce Fresh Fruit of the Day
	<u>October 3</u>	<u>October 4</u>	<u>October 5</u>	<u>October 6</u>	<u>October 7</u>
Option 1	Handmade ABF Chicken Burrito with Fresh Salsa Fresh Fruit of the Day	Chicken Tenders with Rice and Corn Fresh Fruit of the Day	ABF Coleman Naturals Homemade Bagel Dog Crisp Coleslaw Fresh Fruit of the Day	Whole Grain Barilla Spaghetti with ABF Meatballs Fresh Fruit of the Day	Hand Rolled Painted Hills Beef Enchiladas Fresh Fruit of the Day
Option 2	Chili Mac Fresh Fruit of the Day	Whole Grain Barilla Penne with Meat Sauce Fresh Fruit of the Day	Slow Simmered Mighty Meatball Soup Parker's Crazy Crackers Fresh Fruit of the Day	Baked Potato with Three Bean Chili Fresh Fruit of the Day Pretzels	Gluten Free Chicken Strips with Diced Potatoes Fresh Fruit of the Day

	<u>October 10</u>	<u>October 11</u>	<u>October 12</u>	<u>October 13</u>	<u>October 14</u>
Option 1	Herb Roasted Chicken with Squash and Potatoes Dr. Sears Popumz	Barilla Whole Grain Pasta Marinara Fresh Fruit of the Day Sunflower Seeds	Coleman Naturals Cheeseburger on Whole Grain Bun Fresh Fruit of the Day	Pan-Seared Chicken Potstickers Fresh Fruit of the Day	Barilla Whole Grain Spaghetti with Meat Sauce Fresh Fruit of the Day

Option 2	Three Bean Chili Dr. Sears Popumz Fresh Fruit of the Day	ABF Chicken Fajita Platter with Mexican Rice Fresh Fruit of the Day	Veggie Chow Mein with Asian Vegetables String Cheese	Handmade Mild Cheese Tamale With Mexican Rice Fresh Fruit of the Day	Roasted Carnitas Burrito with Fresh Salsa Fresh Fruit of the Day
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	Monday <u>October 17</u>	Tuesday <u>October 18</u>	Wednesday <u>October 19</u>	Thursday <u>October 20</u>	Friday <u>October 21</u>
Option 1	Shepherd's Pie with Beef and Mashed Potatoes Parker's Crazy Crackers	Tenders with Rice and Corn Fresh Fruit of the Day	ABF Coleman Naturals Homemade Bagel Dog Crisp Coleslaw Fresh Fruit of the Day	Coleman Naturals Gluten Free Chicken Strips with Potatoes Fresh Fruit of the Day	Baked Ziti with Marinara Sauce Honey Soynutz Fresh Fruit of the Day
Option 2	ABF Chicken Chow Mein Fresh Fruit of the Day	Hearty Meat Lasagna with Mozzarella Cheese Fresh Fruit of the Day	Teriyaki Chicken Bowl with Jasmine Rice Fresh Fruit of the Day	Coleman Naturals Hamburger on Whole Grain Bun Fresh Fruit of the Day	BBQ ABF Chicken Sandwich on Whole Grain Bun Fresh Fruit of the Day

Notes: Each day's menu is based on Enhanced Food-Based Menu Planning as determined by the USDA. Menu subject to change.  
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