



October 24th-November 18th 2011

## Del Mar Union School District Menu

Each entrée features milk, compostable packaging & utensils!

	Monday <u>October 24</u>	Tuesday <u>October 25</u>	Wednesday <u>October 26</u>	Thursday <u>October 27</u>	Friday <u>October 28</u>
Option 1	Big and Beefy Burrito with Mexican Rice Fresh Fruit of the Day	Cheese Ravioli in Red Marinara Sauce Fresh Fruit of the Day Sunflower Seeds	Whole Grain Barilla Spaghetti Marinara (Veg) String Cheese Fresh Fruit of the Day	Pan-Seared Chicken Potstickers with Baby Carrots and Jasmine Rice Fresh Fruit of the Day	Barilla Whole Grain Penne with Meat Sauce Fresh Fruit of the Day
Option 2	Chinese Fried Rice with ABF Chicken Fresh Fruit of the Day	Genuine Annie's Mac and Cheese (Veg) Fresh Vegetable of the Day Fresh Fruit of the Day Sunflower Seeds	Homemade Chicken Noodle Soup Fresh Fruit of the Day String Cheese	Handmade Breakfast Burrito with House Potatoes (Veg) Fresh Fruit of the Day	ABF Chicken Fajita Platter with Mexican Rice (GF) Fresh Fruit of the Day
	<u>October 31</u>	<u>November 1</u>	<u>November 2</u>	<u>November 3</u>	<u>November 4</u>
Option 1	Roasted Turkey with all the Trimmings Fresh Fruit of the Day	Baked Chicken Tenders with Rice and Corn Fresh Fruit of the Day	Baked Potato with Three Bean Chili (Veg) Fresh Fruit of the Day	ABF Coleman Naturals Homemade Bagel Dog Crisp Coleslaw Fresh Fruit of the Day	Hand Rolled Painted Hills Beef Enchiladas with Mexican Rice (GF) Fresh Fruit of the Day
Option 2	BBQ Chicken with Mashed Potatoes (GF) Pretzels	ABF Ground Turkey Chili Mac Fresh Fruit of the Day	BBQ Chicken Sandwich with Roasted Potatoes and Fresh Fruit of the Day	Barilla Whole Grain Spaghetti with ABF Chicken Meatballs in Marinara Sauce Fresh Fruit of the Day	Genuine Annie's Mac and Cheese Fresh Vegetable of the Day (Veg) Fresh Fruit of the Day Honey Roasted Soy 'Nutz'

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

USDA and DMUSD are Equal Opportunity Providers and Employers

	Monday	Tuesday	Wednesday	Thursday	Friday
	<b><u>November 7</u></b>	<b><u>November 8</u></b>	<b><u>November 9</u></b>	<b><u>November 10</u></b>	<b><u>November 11</u></b>
Option 1	Herb Roasted Chicken with Squash and Potatoes (GF) Pretzels	Baked Chicken Tenders with Rice and Corn  Fresh Fruit of the Day	Coleman Naturals Cheeseburger on Whole Grain Bun Fresh Fruit of the Day	Pan-Seared Chicken Potstickers with Baby Carrots and Jasmine Rice Fresh Fruit of the Day	No School - Holiday
Option 2	Handmade Mild Cheese Tamale (Veg) With Mexican Rice Fresh Fruit of the Day	Shredded Chicken "Taqitos" with Mexican Rice Fresh Fruit of the Day Fresh Veggie of the Day	Bean and Cheese Burrito (Veg) Fresh Fruit of the Day	ABF Chicken Burrito with Fresh Cut Salsa Fresh Fruit of the Day	No School - Holiday
	<b><u>November 14</u></b>	<b><u>November 15</u></b>	<b><u>November 16</u></b>	<b><u>November 17</u></b>	<b><u>November 18</u></b>
Option 1	Hearty Meat Lasagna with Mozzarella Cheese Fresh Fruit of the Day	Shepherd's Pie with Beef and Mashed Potatoes (GF) Parker's Crazy Crackers	Pan-Seared Chicken Potstickers with Baby Carrots and Jasmine Rice Fresh Fruit of the Day	Coleman Naturals Gluten Free Chicken Strips with Potatoes (GF) Fresh Fruit of the Day	Barilla Whole Grain Baked Ziti with Mozzarella Cheese Fresh Fruit of the Day
Option 2	ABF Chicken Chow Mein Fresh Fruit of the Day	Genuine Annie's Mac and Cheese (Veg) Fresh Vegetable of the Day Fresh Fruit of the Day Sunflower Seeds	Handmade Breakfast Burrito with House Potatoes (Veg) Fresh Fruit of the Day	Teriyaki Chicken Bowl with Jasmine Rice Fresh Fruit of the Day	ABF Chicken Fajita Platter with Mexican Rice (GF) Fresh Fruit of the Day

Veg= Vegetarian

GF= Gluten Free