

## Breakfast

### DAILY OPTIONS:

- ☺ Fresh from Scratch Granola Bars
- ✓ Muffins
- ✓ Whole Grain Bagels
- ✓ Whole Grain Cereal
- ✓ Breakfast Oatmeal Rounds
- Yogurt with ♥ Granola Topping

### WEEKLY FEATURED ITEM:

- Monday:** ✓ Long John
- Tuesday:** Breakfast Pizza, ✓ Overnight Oats
- Wednesday:** ♥ French Toast, ✓ Overnight Oats, ✓ Sliced Apples w/Peanut Butter
- Thursday:** ♥ Breakfast Sandwich, ♥ Overnight Oats, ✓ Sliced Apples w/Peanut Butter
- Friday:** ♥ Ham, Egg and Cheese Bars, ✓ Sliced Apples w/ Peanut Butter

Breakfast available daily!  
Late start Monday breakfast is served at 9:40  
Tuesday – Friday 7:40 or 9:35



# THE GALLEY SEPTEMBER 2019

Dayton Jr/Sr High School



## FEATURED LUNCH SPECIAL OF THE DAY

| Monday   | Tuesday  | Wednesday  | Thursday  | Friday   |
|--|--|--|---|--|
| 2<br>Labor Day<br>Holiday                                | 3<br>Corn Dog<br>Chicken Patty<br>Sandwich   | 4<br>Chicken Nuggets<br>♥ Meatball Sub                           | 5<br>♥ Mashed Potato Bowl<br>♥ Grilled Ham &<br>Cheese Sandwich | 6<br>♣ Pepperoni Pizza<br>✓ Shark Bites w/ fries       |
| 9<br>✓ Burrito<br>♥ Luau Sweet & Sour<br>Chicken         | 10<br>♥ Spaghetti w/ meat<br>sauce<br>Chicken Nuggets  | 11<br>♥ Oven Fried Chicken<br>w/potatoes, gravy<br>♣ Pizza Stick | 12<br>♥ ✓ Bean & Cheese<br>Quesadilla<br>Corn Dog               | 13<br>♣ Pepperoni Pizza<br>✓ Fish Sandwich w<br>cheese |
| 16<br>♥ ✓ Italian Dippers<br>♥ Sloppy Joe                | 17<br>♥ ♣ Nacho Grande<br>♥ ✓ Buccaneer Fruit<br>Boat  | 18<br>♥ ♣ Chicken Fajita Bowl<br>♥ Chicken Noodle Soup           | 19<br>♣ BBQ Rib Sandwich<br>♥ ♣ Soft Tacos                      | 20<br>♣ Pepperoni Pizza<br>♥ ♣ Chili Frito Boat        |
| 23<br>♥ ♣ Pulled Pork<br>Sandwiches<br>♥ ♣ Bowl of Chili | 24<br>♥ ♣ Stromboli<br>♥ ✓ Macaroni and<br>Cheese  | 25<br>♥ Pigs in a Blanket<br>Chicken Nuggets                     | 26<br>♥ ✓ Cheese Quesadilla<br>♥ Pirate Bounty Bowl             | 27<br>✓ Cheese Pizza<br>✓ Fish Sandwich<br>w/cheese    |
| 30<br>♥ Messy Marvin<br>Chicken Nuggets                  | <p><b>We need your help! Please fill out a meal application!</b><br/>These applications, even if students are not eating school breakfast and lunch on a regular basis or at all, will collect the household information that will allow us to continue this valuable federal program of serving all students breakfast and lunch at no charge in the future. <b>Note:</b> Only one application per household is needed.</p> |  |   |  |
|  |  |  |   |  |

All students receive one breakfast at no charge per day. Students may choose to eat before school or at second chance breakfast served Tuesday-Friday at 9:35

## Lunch

### JR HIGH DAILY OPTIONS:

- Hamburgers
- ♥ ♣ Ham Sandwich
- ♥ Turkey Sandwich
- ♥ Yogurt Parfaits
- ✓ PB & J (Tuesday only)

### SR HIGH DAILY OPTIONS:

- Hamburgers
- ♥ ♣ Ham Sandwich
- ♥ Turkey Sandwich
- ♥ Yogurt Parfaits
- ♥ Chicken Salad Wrap
- ♥ Flat Bread Sandwich
- ♥ Gourmet Salads

All complete student meals at all Dayton schools are served at no charge.

Additional milk – \$0.60

Adult meals - \$4.00

### KEY

- ☺ Locally Grown Products
- ♥ Proudly made fresh from scratch in our kitchen
- ♣ Gluten Free
- ♥ Contains Pork
- ✓ Vegetarian

### Healthy Meals

Dayton Nutrition Services is aware that school lunches and other food available at this site can make a significant difference in the health of our students now and in the future. We want to help our students make healthy choices and learn eating habits that will benefit them throughout life. All meals include a choice of 1 % white milk or nonfat chocolate milk. All meals include a trip through the variety bar filled with fresh fruit, canned fruit and fresh vegetables. All grain products are whole grain.

Dayton School District is an equal opportunity provider.