

Dunsmuir High School

Lunch Menu

September - 2023

Monday	Tuesday	Wednesday	Thursday	Friday
				1 PIZZA PB&J HOMEMADE STEAMED BROCCOLI SALAD BAR FRESH FRUIT Milk Choc Fat Free, Dhs Milk Lowfat Berkeley DHS
4 NO SCHOOL TODAY	5 BBQ PORK SANDWICH PB&J HOMEMADE FRENCH FRIES FRESH ZUCCINNI SALAD BAR FRESH FRUIT Milk Choc Fat Free, Dhs Milk Lowfat Berkeley DHS	6 STROMBOLI PB&J HOMEMADE MIXED VEGETABLES SALAD BAR FRESH FRUIT Milk Choc Fat Free, Dhs Milk Lowfat Berkeley DHS	7 CHEESEBURGER PB&J HOMEMADE FRENCH FRIES CARROTS, STEAMED SALAD BAR FRESH FRUIT Milk Choc Fat Free, Dhs Milk Lowfat Berkeley DHS CONDIMENTS	8 BEEF NACHOS PB&J HOMEMADE REFRIED BEANS SPANISH RICE CORN SALSA, COMMODITY(Tbsp) SALAD BAR FRESH FRUIT Milk Choc Fat Free, Dhs Milk Lowfat Berkeley DHS
11 FRENCH DIP SANDWICH PB&J HOMEMADE SUN CHIPS CARROTS, STEAMED SALAD BAR FRESH FRUIT Milk Choc Fat Free, Dhs Milk Lowfat Berkeley DHS	12 GRILLED HAM & CHEESE PB&J HOMEMADE TOMATO SOUP CORN SALAD BAR FRESH FRUIT Milk Choc Fat Free, Dhs Milk Lowfat Berkeley DHS	13 BEEF AND BEAN BURRITO PB&J HOMEMADE SPANISH RICE CARROTS, STEAMED SALAD BAR FRESH FRUIT Milk Choc Fat Free, Dhs Milk Lowfat Berkeley DHS	14 CHICKEN ENCHILADAS PB&J, STRW W/ CHEESE STICK SPANISH RICE REFRIED BEANS STEAMED BROCCOLI CASA SOLANA SALAD BAR FRESH FRUIT MILK VARIETY	15 PIZZA PB&J HOMEMADE STEAMED BROCCOLI SALAD BAR FRESH FRUIT Milk Choc Fat Free, Dhs Milk Lowfat Berkeley DHS
18 SPAGHETTI w/ MEAT SAUCE PB&J HOMEMADE CORN WHOLE GRAIN ROLL SALAD BAR FRESH FRUIT Milk Choc Fat Free, Dhs Milk Lowfat Berkeley DHS	19 CHEESEBURGER PB&J HOMEMADE FRENCH FRIES CARROTS, STEAMED SALAD BAR FRESH FRUIT Milk Choc Fat Free, Dhs Milk Lowfat Berkeley DHS CONDIMENTS	20 GRILLED CHICKEN BREAST PB&J, STRW W/ CHEESE STICK MASHED POTATOES BROWN GRAVY WHOLE GRAIN ROLL CORN SALAD BAR FRESH FRUIT MILK VARIETY	21 CHICKEN STIR FRY PB&J, STRW W/ CHEESE STICK FRIED RICE CARROTS, STEAMED WHOLE GRAIN ROLL SALAD BAR FRESH FRUIT MILK VARIETY	22 BEEF NACHOS PB&J HOMEMADE REFRIED BEANS SPANISH RICE CORN SALSA, COMMODITY(Tbsp) SALAD BAR FRESH FRUIT Milk Choc Fat Free, Dhs Milk Lowfat Berkeley DHS
25 BEEF AND BEAN BURRITO PB&J HOMEMADE SPANISH RICE CARROTS, STEAMED SALAD BAR FRESH FRUIT Milk Choc Fat Free, Dhs Milk Lowfat Berkeley DHS	26 ROAST TURKEY PB&J HOMEMADE MASHED POTATOES BROWN GRAVY WHOLE GRAIN ROLL CORN SALAD BAR FRESH FRUIT Milk Choc Fat Free, Dhs Milk Lowfat Berkeley DHS	27 HOT DOGS PB&J, STRW W/ CHEESE STICK PINTO BEANS STEAMED BROCCOLI CONDIMENTS SALAD BAR FRESH FRUIT MILK VARIETY	28 BBQ PORK SANDWICH PB&J HOMEMADE FRENCH FRIES FRESH ZUCCINNI SALAD BAR FRESH FRUIT Milk Choc Fat Free, Dhs Milk Lowfat Berkeley DHS	29 PIZZA PB&J HOMEMADE STEAMED BROCCOLI SALAD BAR FRESH FRUIT Milk Choc Fat Free, Dhs Milk Lowfat Berkeley DHS