



Fresh Salads,
Wraps and
Sandwiches
available daily

**Fruit and
Vegetable Bar**
Served at the Main Line
Only

Monday
Chopped Romaine
Tomatoes/Cucumber
Chilled Fruit
Whole Fruit
Carrots
Side Salad

Tuesday
Chopped Romaine
Tomatoes/Cucumber
Whole Fruit
Chilled Fruit
Celery
Spicy Roasted
Garbanzo Beans

Wednesday
Chopped Romaine
Tomatoes/Cucumber
Peas
Whole Fruit
Chilled Fruit
Carrots
Side Salad

Thursday
Chopped Romaine
Tomatoes/Cucumber
Whole Fruit
Chilled Fruit
Spicy Roasted
Garbanzo Beans

Friday
Chopped Romaine
Tomatoes/Cucumber
Whole Fruit
Chilled Fruit
Carrots/Broccoli
Side Salad

**Condiments & Low Fat
Salad Dressings**

Dana Middle School's October 2019 Menu (Grades 6-8)



September 30	October 1	October 2	October 3	October 4
Chicken Nuggets WG Waffle with Hash Brown Patty <i>Finishing Bar</i>	Meatballs with WG Pasta Green Beans <i>Finishing Bar</i>	Baja Beef Rice Bowl Mexicali Corn <i>Finishing Bar</i>	Breaded Chicken Drumstick with Mashed Potatoes and Gravy <i>Finishing Bar</i>	Turkey Nachos with Refried Beans <i>Finishing Bar</i>
October 7	October 8	October 9	October 10	October 11
Breakfast For Lunch WG Bagel, Turkey Sausage & Tater Tots <i>Finishing Bar</i>	Chicken Alfredo Pasta with Seasoned Broccoli <i>Finishing Bar</i>	Teriyaki Glazed Chicken Brown Rice <i>Finishing Bar</i>	BBQ Pork Sandwich with Waffle Fries and Coleslaw <i>Finishing Bar</i>	Beef Hard Shell Tacos with Refried Beans or OUTDOOR BBQ <i>Finishing Bar</i>
October 14	October 15	October 16	October 17	October 18
Sausage and Pancake Skewer with Hash Brown Patty <i>Finishing Bar</i>	Orange Chicken Brown Rice Carrots <i>Finishing Bar</i>	Mini Turkey Corn Dogs with Seasoned Waffle Fries <i>Finishing Bar</i>	Chicken Nuggets with Seasoned Curly Fries <i>Finishing Bar</i>	Beef Ravioli with Marinara Sauce or OUTDOOR BBQ <i>Finishing Bar</i>
October 21	October 22	October 23	October 24	October 25
Breakfast For Lunch WG French Toast Sticks, Turkey Sausage & Hash Brown Patty <i>Finishing Bar</i>	WG Popcorn Chicken with Seasoned Corn and Tater Tots <i>Finishing Bar</i>	Macaroni and Cheese served with Seasoned Carrots <i>Finishing Bar</i>	Beef Sloppy Joe Seasoned Potato Wedges <i>Finishing Bar</i>	Turkey Nachos with Refried Beans or OUTDOOR BBQ <i>Finishing Bar</i>
October 28	October 29	October 30	October 31	
Breakfast For Lunch Turkey Sausage Patty and WG Waffles Hash Brown Patty <i>Finishing Bar</i>	Italian Meatball Sub Seasoned Potato Wedges <i>Finishing Bar</i>	Sweet and Sour Chicken Brown Rice Broccoli <i>Finishing Bar</i>	Beef Hot Dog Chili Dog Seasoned Fries <i>Finishing Bar</i>	



All pizzas made w/ reduced fat cheese
& whole grain crust.
Classic Cheese and Pepperoni Pizza served
daily

Monday: Cheese or Pepperoni
Tuesday: Cheese, Pepperoni or Sausage
Flatbread
Wednesday: Cheese or Pepperoni
Thursday: Cheese, Pepperoni or Buffalo
Chicken Flatbread
Friday: Cheese or Pepperoni



Served Daily:
Breaded Chicken Burgers, Hamburgers, and
Cheeseburgers

Monday: Jalapeno Cheeseburger
Tuesday: Toasted Ham and Swiss
Wednesday: Triple Cheese Grilled Cheese
Thursday: Bacon Cheeseburger
Friday: Hot Dog

Milk:
1% white and
Non-fat chocolate milk
Offered daily with lunch

Wiseburn USD is an Equal
Opportunity Employer and
Provider. All menus are subject
to change without notice due to
circumstance.