

## 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:** ♥ Breakfast Burrito, ♥ ✓ 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

## OCTOBER 2018

### Dayton Jr/Sr High School



### FEATURED LUNCH SPECIAL OF THE DAY

Monday	Tuesday	Wednesday	Thursday	Friday
1 ♥ Messy Marvin Chicken Nuggets	2 ♥ Orange Chicken w/Rice Bowl ♥ ✓ Grilled Cheese Sandwich w/Soup	3 ♥ Turkey Gravy w/Potatoes ♥ BBQ Sandwich	4 ✓ Saucy Burrito Hot Dog	5 ♥ Pepperoni Pizza ♥ ♦ Bean Soup w/ roll
8 Corn Dog Chicken Patty Sandwich	9 Chicken Nuggets ♥ Meatball Sub	10 ♥ Mashed Potato Bowl ♥ Grilled Ham & Cheese Sandwich	11 ♥ ♦ Taco Salad ♥ ♦ Pirate Pizza Bagel	12 No School
15 ✓ Burrito ♥ Luau Sweet & Sour Chicken	16 ♥ Spaghetti w/ meat sauce Chicken Nuggets	17 ♥ Oven Fried Chicken w/potatoes, gravy ♦ Pizza Stick	18 ♥ ✓ Bean & Cheese Quesadilla Corn Dog	19 ♦ Pepperoni Pizza ✓ Fish Sandwich w cheese
22 ♥ ✓ Italian Dippers ♥ Sloppy Joe	23 ♥ ♦ Nacho Grande ♥ ✓ Buccaneer Fruit Boat	24 ♥ ♦ Chicken Fajita Bowl ♥ Chicken Noodle Soup	25 ♦ BBQ Sandwich ♥ ♦ Soft Taco	26 ♦ Pepperoni Pizza ♥ ♦ Chili Frito Boat
29 ♥ ♦ Pulled Pork Sandwiches ♥ ♦ Bowl of Chili	30 ♥ ♦ Stromboli ♥ ✓ Macaroni and Cheese	31 ♥ Pigs in a Blanket Chicken Nuggets		

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.