

# OCTOBER 2020

## DOVER MIDDLE/HIGH SCHOOL

All meals include hot entrée, choice of salad w/protein, choice of deli sandwich, fresh fruit & veggies, 1% white & fat free chocolate milk.

Monday

Tuesday

Wednesday

Thursday

Friday

CHEESE PIZZA  
SUMMER SQUASH **5**  
TURKEY, HAM, SALAMI OR BLT SAND-  
WICHES, SALAD W/PROTEIN MEAL,  
FRESH FRUIT  
MILK

BREAKFAST FOR LUNCH  
FUNNEL CAKES W/SYRUP **6**  
SAUSAGE LINKS  
TATOR TOTS  
TURKEY, HAM, SALAMI OR BLT SAND-  
WICHES, SALAD W/PROTEIN MEAL,  
FRESH FRUIT  
MILK

TAQUITOS  
BLACK BEANS & RICE **7**  
BROCCOLI FLORETS  
TATOR TOTS  
TATOR TOTS  
TURKEY, HAM, SALAMI OR BLT SAND-  
WICHES, SALAD W/PROTEIN MEAL,  
FRESH FRUIT  
MILK

STUFFED CHICKEN BREAST  
W/BROCCOLI & CHEESE **8**  
PARSLEY POTATOES  
TATOR TOTS  
TURKEY, HAM, SALAMI OR BLT SAND-  
WICHES, SALAD W/PROTEIN MEAL,  
FRESH FRUIT  
MILK

HAMBURGER OR  
CHEESEBURGER, **9**  
FRENCH FRIES, BABY CARROTS  
TURKEY, HAM, SALAMI OR BLT SAND-  
WICHES, SALAD W/PROTEIN MEAL,  
FRESH FRUIT  
MILK

COLUMBUS DAY **12**  
  
NO SCHOOL

PRETZEL W/CHEESE SAUCE  
GRILLE CHICKEN ON A BUN **13**  
GREEN PEAS  
TURKEY, HAM, SALAMI OR BLT SAND-  
WICHES, SALAD W/PROTEIN MEAL,  
FRESH FRUIT  
MILK

PHILLY CHEESE STEAK  
TATOR TOTS **14**  
BROCCOLI FLORETS  
TURKEY, HAM, SALAMI OR BLT SAND-  
WICHES, SALAD W/PROTEIN MEAL,  
FRESH FRUIT  
MILK

CHICKEN FAJITAS  
BLACK BEANS & RICE **15**  
GREEN BEANS  
TURKEY, HAM, SALAMI OR BLT SAND-  
WICHES, SALAD W/PROTEIN MEAL,  
FRESH FRUIT  
MILK

POPCORN CHICKEN **16**  
BAKED SWEET POTATOES  
SAUTEED ZUCCHINI  
TURKEY, HAM, SALAMI OR BLT SAND-  
WICHES, SALAD W/PROTEIN MEAL,  
FRESH FRUIT  
MILK

PIZZA CRUNCHERS  
SAUTEED ZUCCHINI **19**  
TURKEY, HAM, SALAMI OR BLT SAND-  
WICHES, SALAD W/PROTEIN MEAL,  
FRESH FRUIT  
MILK

BURRITOS  
BLACK BEANS & RICE **20**  
CORN  
TURKEY, HAM, SALAMI OR BLT SAND-  
WICHES, SALAD W/PROTEIN MEAL,  
FRESH FRUIT  
MILK

BBQ CHICKEN ON A BUN  
MIXED VEGGIES **21**  
CORN  
TURKEY, HAM, SALAMI OR BLT SAND-  
WICHES, SALAD W/PROTEIN MEAL,  
FRESH FRUIT  
MILK

CHICKEN TENDERS  
FRENCH FRIES **22**  
OVEN ROASTED CAULIFLOWER AND  
BABY CARROTS  
TURKEY, HAM, SALAMI OR BLT SAND-  
WICHES, SALAD W/PROTEIN MEAL,  
FRESH FRUIT  
MILK

MAC & CHEESE BITES  
BROCCOLI FLORETS **23**  
TURKEY, HAM, SALAMI OR BLT SAND-  
WICHES, SALAD W/PROTEIN MEAL,  
FRESH FRUIT  
MILK

PIZZA CRUNCHERS  
SAUTEED ZUCCHINI **26**  
TURKEY, HAM, SALAMI OR BLT SAND-  
WICHES, SALAD W/PROTEIN MEAL,  
FRESH FRUIT  
MILK

TERIYAKE CHICKEN  
FRIED RICE **27**  
GREEN PEAS  
TURKEY, HAM, SALAMI OR BLT SAND-  
WICHES, SALAD W/PROTEIN MEAL,  
FRESH FRUIT  
MILK

BEEF TACOS, SALSA &  
CHEESE SAUCE **28**  
BLACK BEANS & RICE  
TURKEY, HAM, SALAMI OR BLT SAND-  
WICHES, SALAD W/PROTEIN MEAL,  
FRESH FRUIT  
MILK

CHEESE CALZONES  
MARINARA SAUCE **29**  
BROCCOLI FLORETS  
BLACK BEANS & RICE  
TURKEY, HAM, SALAMI OR BLT SAND-  
WICHES, SALAD W/PROTEIN MEAL,  
FRESH FRUIT  
MILK

CRISPY CHICKEN ON A BUN  
FRENCH FRIES **30**  
SUMMER SQUASH  
TURKEY, HAM, SALAMI OR BLT SAND-  
WICHES, SALAD W/PROTEIN MEAL,  
FRESH FRUIT  
MILK

BREAKFAST AND LUNCH ARE FREE TO ALL STUDENTS IN THE DOVER UNION FREE SCHOOL DISTRICT. STUDENTS WITH SPECIAL DIETARY NEEDS PLEASE CONTACT CAROL JANKOWSKI, FOOD SERVICE DIRECTOR AT 845-877-5700X1260

