

Dunsmuir High School

GR9-12

Sep 2, 2025

Feb 24, 2025 - Feb 28, 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Sep - 1 NO SCHOOL TODAY	Sep - 2 CHEESEBURGER PB&J HOMEMADE FRENCH FRIES CARROTS, STEAMED SALAD BAR FRESH FRUIT Milk Choc Fat Free, Dhs Milk Lowfat Berkeley DHS CONDIMENTS	Sep - 3 BEEF AND BEAN BURRITO PB&J, STRW W/ CHEESE STICK SPANISH RICE CARROTS, STEAMED SALAD BAR FRESH FRUIT MILK VARIETY	Sep - 4 SPAGHETTI w/ MEAT SAUCE PB&J HOMEMADE CORN WHOLE GRAIN ROLL SALAD BAR FRESH FRUIT Milk Choc Fat Free, Dhs Milk Lowfat Berkeley DHS	Sep - 5 PIZZA PB&J, STRW W/ CHEESE STICK SQUASH, SUMMER SALAD BAR FRESH FRUIT MILK VARIETY PB&J HOMEMADE CORN Milk Choc Fat Free, Dhs Milk Lowfat Berkeley DHS
Sep - 8 CORN DOG PB&J HOMEMADE SUN CHIPS VEGETABLES-CALIF. BLEND SALAD BAR FRESH FRUIT Milk Choc Fat Free, Dhs Milk Lowfat Berkeley DHS Mustard, 4.5gm packet	Sep - 9 CHICKEN ENCHILADAS PB&J HOMEMADE SPANISH RICE REFRIED BEANS STEAMED BROCCOLI CASA SOLANA SALAD BAR FRESH FRUIT Milk Choc Fat Free, Dhs Milk Lowfat Berkeley DHS	Sep - 10 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	Sep - 11 FRENCH DIP SANDWICH PB&J HOMEMADE AU JU GREEN BEANS SUN CHIPS SALAD BAR FRESH FRUIT Milk Choc Fat Free, Dhs Milk Lowfat Berkeley DHS	Sep - 12 BEEF NACHOS PB&J, STRW W/ CHEESE STICK REFRIED BEANS SPANISH RICE CORN SALSA, COMMODITY(Tbsp) SALAD BAR FRESH FRUIT MILK VARIETY PB&J HOMEMADE Milk Choc Fat Free, Dhs Milk Lowfat Berkeley DHS
Sep - 15 GRILLED CHICKEN BREAST PB&J, STRW W/ CHEESE STICK MASHED POTATOES BROWN GRAVY WHOLE GRAIN ROLL CORN SALAD BAR FRESH FRUIT MILK VARIETY	Sep - 16 CHEESEBURGER PB&J HOMEMADE FRENCH FRIES CARROTS, STEAMED SALAD BAR FRESH FRUIT Milk Choc Fat Free, Dhs Milk Lowfat Berkeley DHS CONDIMENTS	Sep - 17 BEEF AND BEAN BURRITO PB&J, STRW W/ CHEESE STICK SPANISH RICE CARROTS, STEAMED SALAD BAR FRESH FRUIT MILK VARIETY	Sep - 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	Sep - 19 PIZZA PB&J, STRW W/ CHEESE STICK SQUASH, SUMMER SALAD BAR FRESH FRUIT MILK VARIETY PB&J HOMEMADE CORN Milk Choc Fat Free, Dhs Milk Lowfat Berkeley DHS
Sep - 22 CORN DOG PB&J HOMEMADE SUN CHIPS VEGETABLES-CALIF. BLEND SALAD BAR FRESH FRUIT Milk Choc Fat Free, Dhs Milk Lowfat Berkeley DHS Mustard, 4.5gm packet	Sep - 23 CHICKEN ENCHILADAS PB&J HOMEMADE SPANISH RICE REFRIED BEANS STEAMED BROCCOLI CASA SOLANA SALAD BAR FRESH FRUIT Milk Choc Fat Free, Dhs Milk Lowfat Berkeley DHS	Sep - 24 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	Sep - 25 FRENCH DIP SANDWICH PB&J HOMEMADE AU JU GREEN BEANS SUN CHIPS SALAD BAR FRESH FRUIT Milk Choc Fat Free, Dhs Milk Lowfat Berkeley DHS	Sep - 26 BEEF NACHOS PB&J, STRW W/ CHEESE STICK REFRIED BEANS SPANISH RICE CORN SALSA, COMMODITY(Tbsp) SALAD BAR FRESH FRUIT MILK VARIETY PB&J HOMEMADE Milk Choc Fat Free, Dhs Milk Lowfat Berkeley DHS

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

* - denotes combined nutrient totals with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Sep 2, 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Sep - 29	Sep - 30			
GRILLED CHICKEN BREAST PB&J, STRW W/ CHEESE STICK MASHED POTATOES BROWN GRAVY WHOLE GRAIN ROLL CORN SALAD BAR FRESH FRUIT MILK VARIETY	CHEESEBURGER PB&J HOMEMADE FRENCH FRIES CARROTS, STEAMED SALAD BAR FRESH FRUIT Milk Choc Fat Free, Dhs Milk Lowfat Berkeley DHS CONDIMENTS			

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