

# Dunsmuir High School

GR9-12

Sep 24, 2025

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~~September~~ Menu

October

Monday	Tuesday	Wednesday	Thursday	Friday
		Oct - 1  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	Oct - 2  SPAGHETTI w/ MEAT SAUCE PB&J HOMEMADE CORN WHOLE GRAIN ROLL SALAD BAR FRESH FRUIT Milk Choc Fat Free, Dhs Milk Lowfat Berkeley DHS	Oct - 3  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
Oct - 6  GRILLED CHICKEN BREAST PB&J, STRW W/ CHEESE STICK MASHED POTATOES BROWN GRAVY WHOLE GRAIN ROLL CORN SALAD BAR FRESH FRUIT MILK VARIETY	Oct - 7  CHEESEBURGER PB&J HOMEMADE FRENCH FRIES CARROTS, STEAMED SALAD BAR FRESH FRUIT Milk Choc Fat Free, Dhs Milk Lowfat Berkeley DHS CONDIMENTS	Oct - 8  BEEF AND BEAN BURRITO PB&J, STRW W/ CHEESE STICK SPANISH RICE CARROTS, STEAMED SALAD BAR FRESH FRUIT MILK VARIETY	Oct - 9  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	Oct - 10  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
Oct - 13  NO SCHOOL TODAY	Oct - 14  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	Oct - 15  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	Oct - 16  SPAGHETTI w/ MEAT SAUCE PB&J HOMEMADE CORN WHOLE GRAIN ROLL SALAD BAR FRESH FRUIT Milk Choc Fat Free, Dhs Milk Lowfat Berkeley DHS	Oct - 17  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
Oct - 20  GRILLED CHICKEN BREAST PB&J, STRW W/ CHEESE STICK MASHED POTATOES BROWN GRAVY WHOLE GRAIN ROLL CORN SALAD BAR FRESH FRUIT MILK VARIETY	Oct - 21  CHEESEBURGER PB&J HOMEMADE FRENCH FRIES CARROTS, STEAMED SALAD BAR FRESH FRUIT Milk Choc Fat Free, Dhs Milk Lowfat Berkeley DHS CONDIMENTS	Oct - 22  BEEF AND BEAN BURRITO PB&J, STRW W/ CHEESE STICK SPANISH RICE CARROTS, STEAMED SALAD BAR FRESH FRUIT MILK VARIETY	Oct - 23  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	Oct - 24  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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## September Menu

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Sep 24, 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 27	Oct - 28	Oct - 29	Oct - 30	Oct - 31
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	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	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	SPAGHETTI w/ MEAT SAUCE PB&J HOMEMADE CORN WHOLE GRAIN ROLL SALAD BAR FRESH FRUIT Milk Choc Fat Free, Dhs Milk Lowfat Berkeley DHS	NO SCHOOL TODAY

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