



# AUGUST-SEPTEMBER 2023 DYSPHAGIA MENU

## 2023-2024 Meal Prices:

Paid Elementary Breakfast: \$1.00 // Paid Elementary Lunch: \$2.25

Paid Secondary Breakfast: \$1.25 // Paid Secondary Lunch: \$2.50

Reduced Student Breakfast: \$0.20 // Reduced Student Lunch: \$0.40

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  |
|---|---|--|---|---|
| <p><b>20</b><br/> <b>Fruit &amp; Yogurt Parfait</b><br/> Applesauce<br/> Juice<br/> Milk</p> <p><b>Cheese Enchiladas</b><br/> Seasoned Black Beans<br/> Green Beans<br/> Canned Peaches</p> | <p><b>29</b><br/> <b>Sausage Biscuit w/ Gravy</b><br/> Applesauce<br/> Juice<br/> Milk</p> <p><b>Salisbury Steak</b><br/> Glazed Carrots<br/> Mashed Potatoes<br/> Fresh Banana w/ Pineapple or Orange<br/> Juice</p> | <p><b>30</b><br/> <b>French Toast w/ Fruit Compote</b><br/> Applesauce<br/> Juice<br/> Milk</p> <p><b>Chicken Nuggets w/ Country Gravy</b><br/> Mashed Potatoes<br/> Green Beans<br/> Fruit Cobbler</p>            | <p><b>31</b><br/> <b>Chicken Biscuit w/ Gravy</b><br/> Applesauce<br/> Juice<br/> Milk</p> <p><b>Spaghetti</b><br/> Glazed Carrots<br/> Green Beans<br/> Canned Pears</p>                   | <p><b>1</b><br/> <b>Blueberry Muffin w/ Fruit Compote</b><br/> Applesauce<br/> Juice<br/> Milk</p> <p><b>Macaroni &amp; Cheese</b><br/> Tomato Soup<br/> Creamed Spinach<br/> Fruit Cobbler</p>               |
| <p><b>4</b></p> <p style="font-size: 2em; font-weight: bold;">NO SCHOOL</p>   | <p><b>5</b><br/> <b>2 Yogurts</b><br/> Applesauce<br/> Juice<br/> Milk</p> <p><b>Turkey Alfredo</b><br/> Green Beans<br/> Glazed Carrots<br/> Fruit Cocktail</p>  | <p><b>6</b><br/> <b>Cinnamon Roll w/ Sausage</b><br/> Applesauce<br/> Juice<br/> Milk</p> <p><b>Mashed Potato Bowl w/ Cheese &amp; Chicken</b><br/> Glazed Carrots<br/> Squash/Zucchini<br/> Spiced Applesauce</p> | <p><b>7</b><br/> <b>Cream of Wheat w/ Fruit Compote</b><br/> Applesauce<br/> Juice<br/> Milk</p> <p><b>Chili</b><br/> Mashed Potatoes w/ Gravy<br/> Squash/Zucchini<br/> Fruit Cocktail</p> | <p><b>8</b><br/> <b>Pancakes &amp; Sausage</b><br/> Applesauce<br/> Juice<br/> Milk</p> <p><b>Green Chili Cheese Burrito w/ Nacho Cheese</b><br/> Mixed Vegetables<br/> Green Beans<br/> Mandarin Oranges</p> |
| <p><b>11</b><br/> <b>Fruit &amp; Yogurt Parfait</b><br/> Applesauce<br/> Juice<br/> Milk</p> <p><b>Cheese Enchiladas</b><br/> Seasoned Black Beans<br/> Green Beans<br/> Canned Peaches</p> | <p><b>12</b><br/> <b>Sausage Biscuit w/ Gravy</b><br/> Applesauce<br/> Juice<br/> Milk</p> <p><b>Salisbury Steak</b><br/> Glazed Carrots<br/> Mashed Potatoes<br/> Fresh Banana w/ Pineapple or Orange<br/> Juice</p> | <p><b>13</b><br/> <b>French Toast w/ Fruit Compote</b><br/> Applesauce<br/> Juice<br/> Milk</p> <p><b>Chicken Nuggets w/ Country Gravy</b><br/> Mashed Potatoes<br/> Green Beans<br/> Fruit Cobbler</p>            | <p><b>14</b><br/> <b>Chicken Biscuit w/ Gravy</b><br/> Applesauce<br/> Juice<br/> Milk</p> <p><b>Spaghetti</b><br/> Glazed Carrots<br/> Green Beans<br/> Canned Pears</p>                   | <p><b>15</b><br/> <b>Blueberry Muffin w/ Fruit Compote</b><br/> Applesauce<br/> Juice<br/> Milk</p> <p><b>Macaroni &amp; Cheese</b><br/> Tomato Soup<br/> Creamed Spinach<br/> Fruit Cobbler</p>              |

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| <p><b>18</b><br/><b>Oatmeal w/ Fruit Compote</b><br/>Applesauce<br/>Juice<br/>Milk</p> <p><b>Beef &amp; Cheese Nachos</b><br/>Seasoned Black Beans<br/>Cauliflower<br/>Peach Cobbler</p> | <p><b>19</b><br/><b>Chicken &amp; Waffles</b><br/>Applesauce<br/>Juice<br/>Milk</p> <p><b>Pulled Pork BBQ</b><br/>Sweet Potatoes<br/>Green Beans<br/>Canned Peaches</p>                        | <p><b>20</b><br/><b>Cinnamon Roll w/ Sausage</b><br/>Applesauce<br/>Juice<br/>Milk</p> <p><b>Mashed Potato Bowl w/ Cheese &amp; Chicken</b><br/>Glazed Carrots<br/>Green Beans<br/>Spiced Applesauce</p> | <p><b>21</b><br/><b>Cream of Wheat w/ Fruit Compote</b><br/>Applesauce<br/>Juice<br/>Milk</p> <p><b>Chili</b><br/>Mashed Potatoes w/ Gravy<br/>Glazed Carrots<br/>Fruit Cocktail</p> | <p><b>22</b><br/><b>Blueberry Muffin w/ Fruit Compote</b><br/>Applesauce<br/>Juice<br/>Milk</p> <p><b>Macaroni &amp; Cheese</b><br/>Tomato Soup<br/>Creamed Spinach<br/>Fruit Cobbler</p> |
| <p><b>25</b></p> <p style="text-align: center;"><b>NO SCHOOL</b></p>   | <p><b>26</b><br/><b>2 Yogurts</b><br/>Applesauce<br/>Juice<br/>Milk</p> <p><b>Salisbury Steak</b><br/>Glazed Carrots<br/>Mashed Potatoes<br/>Fresh Banana w/ Pineapple or Orange<br/>Juice</p> | <p><b>27</b><br/><b>French Toast w/ Fruit Compote</b><br/>Applesauce<br/>Juice<br/>Milk</p> <p><b>Chicken Nuggets w/ Country Gravy</b><br/>Mashed Potatoes<br/>Green Beans<br/>Fruit Cobbler</p>         | <p><b>28</b><br/><b>Chicken Biscuit w/ Gravy</b><br/>Applesauce<br/>Juice<br/>Milk</p> <p><b>Spaghetti</b><br/>Glazed Carrots<br/>Green Beans<br/>Canned Pears</p>                   | <p><b>29</b><br/><b>Blueberry Muffin w/ Fruit Compote</b><br/>Applesauce<br/>Juice<br/>Milk</p> <p><b>Macaroni &amp; Cheese</b><br/>Tomato Soup<br/>Creamed Spinach<br/>Fruit Cobbler</p> |

**\*All menu items can be provided as Pureed, Minced & Moist, or Soft & Bite Sized based on Doctor's orders.\***

**\*\*All meals come with a choice of 1% white milk or fat free chocolate milk\*\***

**\*\*\*Standard Dysphagia Breakfast served after a holiday will be 2 Yogurts, Applesauce, juice and choice of milk\*\*\***

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**\*Menus are subject to change without notice due to price and availability of food\***