



# Defiance City Schools

## Lunch Menu 2022-2023

### Meal Prices

- Breakfast \$1.75
- Reduced Breakfast \$0.30
- Adult Breakfast \$2.25
- MS/HS Lunch \$3.00
- DES Lunch \$3.00
- Reduced Lunch \$0.40
- Adult Lunch \$3.85
- Milk \$0.70

### Daily Choices

- Chef Salad
- PB&J Sandwich & Cheese Stick

PS-12 allowed 3 meal charges

The Defiance City Schools students are given the opportunity to enjoy a healthy lunch everyday. The meals consist of a protein, a vegetable, a fruit, a whole grain (bread), and milk. Meals are planned according to the National School Lunch Program and reflect the Dietary Guidelines for Americans.

Your child may qualify for free or reduced priced meals, if your family meets the eligibility requirements. Applications are to be completed by an adult family member (one per household) and may be picked up in the school offices, online at LunchApplication.com

or found on the district website [defiancecityschools.org](http://defiancecityschools.org).

Applications are accepted throughout the year. If you have any questions, please call the Food Service office at 419-782-6382.

**MENU SUBJECT TO CHANGE WHEN NECESSARY!**

Follow the calendar for our four week lunch cycle.

**This institution is an equal opportunity provider**

### Lunch Menu # 1

<b>Sloppy Joe/WG Bun</b> Tomatoes/Dip Green Beans Mixed Fruit Milk	<b>Beef Taco Salad</b> Refried Beans Spanish Rice Peaches Milk	<b>Pulled Pork W/ WG Bun</b> Steamed Broccoli Carrots/ Dip Apples Milk	<b>Beef Stroganoff</b> Steamed Cauliflower Cucumbers/Dip Fresh Fruit WG Bread Milk	<b>Hamburger/ WG Bun</b> Spinach Salad Oven Potatoes Applesauce Milk
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### Lunch Menu # 2

<b>Popcorn Chicken</b> Mashed Potatoes Corn Pears WG Bread Milk	<b>Lasagna w/ WG</b> Garlic Bread Celery Tomatoes/Dip Apple Crisp Milk	<b>Hot Ham &amp; Cheese</b> WG Bread Spinach Salad Broccoli/ Dip Fresh Fruit Milk	<b>Turkey &amp; Noodles</b> Mashed Potatoes Carrots/Dip Peaches WG Bread Milk	<b>Hot Dog/ Chili</b> Sauce WG Bun Oven Potatoes Baked Beans Mixed Fruit Milk
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### Lunch Menu # 3

<b>Bosco Sticks/Pizza</b> Sauce Black Bean Salad Oven Potatoes Peach Crisp Milk	<b>Toasted Cheese</b> Tomato Soup Mixed Vegetables Fresh Fruit Treat Milk	<b>Popcorn Chicken</b> Mashed Potatoes Carrots/ Dip Apples Corn Bread Milk	<b>Spaghetti</b> Broccoli/Dip Green Beans Fresh Fruit WG Breadstick Milk	<b>Cold Cut Sub</b> Spinach Salad Tomatoes/Dip Pears Milk
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### Lunch Menu # 4

<b>Chicken Patty</b> WG Bun Baked Beans Celery/Dip Mixed Fruit Milk	<b>Omelet or French</b> Toast Sausage Hash Browns Tomatoes/Dip Orange Milk	<b>Hamburger/ WG</b> Bun Green Beans Cauliflower/ Dip Apple Crisp Milk	<b>Mac &amp; Cheese</b> Steamed Broccoli Carrots/Dip Pears WG Bread Milk	<b>Hot Dog/ WG Bun</b> Spinach Salad Oven Potatoes Fresh Fruit Milk
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**Breakfast: Each day we offer a variety of entree choices. Each breakfast includes: fruit, juice, and milk.**

August					September					October					November					December					January					February					March					April					May																
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1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31