### Downingtown Middle School & Marsh Creek Lunch Menu
#### Week of November 4th – 8th

<table>
<thead>
<tr>
<th>Monday</th>
<th>grillStation</th>
<th>Pizza Station:</th>
<th>Grab &amp; Go:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Main Course:</td>
<td>Cheeseburger on a Whole Grain Bun</td>
<td>BBQ Chicken *See Daily Options Below</td>
<td>Turkey &amp; Cheese Sandwich</td>
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<tr>
<td></td>
<td>*See Daily Options Below</td>
<td>Steamed Broccoli Applesauce</td>
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<td>Steamed Broccoli Applesauce</td>
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<tr>
<td>Grill Station:</td>
<td>Hamburger, Cheeseburger, Chicken Patty, Chicken Nuggets w/ Soft Pretzel Rod, or Veggie Burger</td>
<td>Steamed Broccoli Applesauce</td>
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<td></td>
<td>*See Daily Options Below</td>
<td>Steamed Broccoli Applesauce</td>
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<tr>
<td></td>
<td>Grilled Cheese Sandwich</td>
<td>Steamed Broccoli Applesauce</td>
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<tr>
<td></td>
<td>BBQ Chicken *See Daily Options Below</td>
<td>Steamed Broccoli Applesauce</td>
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<tr>
<td></td>
<td>Turkey &amp; Cheese Sandwich</td>
<td>Steamed Broccoli Applesauce</td>
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<td></td>
<td>Grilled Cheese Sandwich</td>
<td>Steamed Broccoli Applesauce</td>
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<td></td>
<td>Grilled Cheese Sandwich</td>
<td>Steamed Broccoli Applesauce</td>
<td></td>
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<tr>
<td>Main Course:</td>
<td>Green Beans Fresh Grapes</td>
<td>Steamed Broccoli Applesauce</td>
<td></td>
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<tr>
<td></td>
<td>Buffalo Chicken</td>
<td>Steamed Broccoli Applesauce</td>
<td></td>
</tr>
<tr>
<td>lunch Price:</td>
<td>$2.80</td>
<td>Steamed Broccoli Applesauce</td>
<td></td>
</tr>
</tbody>
</table>

### Daily Options:
- **Grill Station:** Hamburger, Cheeseburger, Chicken Patty, Chicken Nuggets w/ Soft Pretzel Rod, or Veggie Burger
- **Pizza Station:** Cheese Pizza or Pepperoni Pizza
- **Grab & Go:** Sunbutter & Jelly
- **Fruit:** Fresh Apple, Orange, Slices, Fruit of the Day, or 100% Fruit Juice
- **Vegetable:** Baked Fries, Fresh Broccoli, Cucumber Slices, Baby Carrots, & Vegetable of the Day
- **Milk:** 1% White Milk, Skim Chocolate, Skim Strawberry

*Menu Subject to Change*

### What Makes a Meal? Student must select at least 3 out of the 5 different components to make it a meal and one of them MUST be ½ cup fruit, ½ cup vegetable, or 4 oz. fruit juice. Meals without a fruit or vegetable will be charged a la carte pricing.

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### Downingtown Middle School & Marsh Creek Lunch Menu
**Week of November 11th – 15th**

**Monday**

- **Main Course:** Mini Corn Dogs
- **Grill Station:** Hamburger on a Whole Grain Bun
- **Pizza Station:** BBQ Chicken
- **Grab & Go:** Turkey & Cheese Sandwich

**Daily Options:**
- Grill Station: Hamburger, Cheeseburger, Chicken Patty, Chicken Nuggets w/ Soft Pretzel Rod, or Veggie Burger
- Pizza Station: Cheese Pizza or Pepperoni Pizza
- Grab & Go: Sunbutter & Jelly
- Fruit: Fresh Apple, Orange Slices, Fruit of the Day, or 100% Fruit Juice
- Vegetable: Baked Fries, Fresh Broccoli, Cucumber Slices, Baby Carrots, & Vegetable of the Day
- Milk: 1% White Milk, Skim Chocolate, Skim Strawberry

*Menu Subject to Change*

**Lunch Price:** $2.80

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**Tuesday**

- **Main Course:** Chicken Waffle Sandwich with Pumpkin Spice Syrup & Cranberry Slaw
- **Grill Station:** Cheeseburger on a Whole Grain Bun
- **Pizza Station:** Cheese or Pepperoni
- **Grab & Go:** Popcorn Chicken Salad w/ Soft Pretzel Rod Ham & Cheese Sandwich

**Daily Options:**
- Grill Station: Hamburger, Cheeseburger, Chicken Patty, Chicken Nuggets w/ Soft Pretzel Rod, or Veggie Burger
- Pizza Station: Cheese Pizza or Pepperoni Pizza
- Grab & Go: Sunbutter & Jelly
- Fruit: Fresh Apple, Orange Slices, Fruit of the Day, or 100% Fruit Juice
- Vegetable: Baked Fries, Fresh Broccoli, Cucumber Slices, Baby Carrots, & Vegetable of the Day
- Milk: 1% White Milk, Skim Chocolate, Skim Strawberry

*Menu Subject to Change*

**Lunch Price:** $2.80

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**Wednesday**

- **Main Course:** Chicken Tenders with Pretzel Rod
- **Grill Station:** Chicken Nuggets w/ Soft Pretzel Rod
- **Pizza Station:** Sausage
- **Grab & Go:** Turkey & Cheese Sandwich

**Daily Options:**
- Grill Station: Hamburger, Cheeseburger, Chicken Patty, Chicken Nuggets w/ Soft Pretzel Rod, or Veggie Burger
- Pizza Station: Cheese Pizza or Pepperoni Pizza
- Grab & Go: Sunbutter & Jelly
- Fruit: Fresh Apple, Orange Slices, Fruit of the Day, or 100% Fruit Juice
- Vegetable: Baked Fries, Fresh Broccoli, Cucumber Slices, Baby Carrots, & Vegetable of the Day
- Milk: 1% White Milk, Skim Chocolate, Skim Strawberry

*Menu Subject to Change*

**Lunch Price:** $2.80

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**Thursday**

- **Main Course:** Chicken Waffle Sandwich with Pumpkin Spice Syrup & Cranberry Slaw
- **Grill Station:** Veggie Burger on a Whole Grain Bun
- **Pizza Station:** Cheese or Pepperoni
- **Grab & Go:** Chicken Caesar Salad w/ Soft Pretzel Rod Ham & Cheese Sandwich

**Daily Options:**
- Grill Station: Hamburger, Cheeseburger, Chicken Patty, Chicken Nuggets w/ Soft Pretzel Rod, or Veggie Burger
- Pizza Station: Cheese Pizza or Pepperoni Pizza
- Grab & Go: Sunbutter & Jelly
- Fruit: Fresh Apple, Orange Slices, Fruit of the Day, or 100% Fruit Juice
- Vegetable: Baked Fries, Fresh Broccoli, Cucumber Slices, Baby Carrots, & Vegetable of the Day
- Milk: 1% White Milk, Skim Chocolate, Skim Strawberry

*Menu Subject to Change*

**Lunch Price:** $2.80

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**Friday**

- **Main Course:** Chicken Quesadilla with Salsa & Sour Cream
- **Grill Station:** Chicken Patty on a Whole Grain Bun
- **Pizza Station:** Buffalo Chicken
- **Grab & Go:** Turkey & Cheese Sandwich

**Daily Options:**
- Grill Station: Hamburger, Cheeseburger, Chicken Patty, Chicken Nuggets w/ Soft Pretzel Rod, or Veggie Burger
- Pizza Station: Cheese Pizza or Pepperoni Pizza
- Grab & Go: Sunbutter & Jelly
- Fruit: Fresh Apple, Orange Slices, Fruit of the Day, or 100% Fruit Juice
- Vegetable: Baked Fries, Fresh Broccoli, Cucumber Slices, Baby Carrots, & Vegetable of the Day
- Milk: 1% White Milk, Skim Chocolate, Skim Strawberry

*Menu Subject to Change*

**Lunch Price:** $2.80

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**What Makes a Meal?** Student must select at least 3 out of the 5 different components to make it a meal and one of them MUST be ½ cup fruit, ½ cup vegetable, or 4 oz. fruit juice. Meals without a fruit or vegetable will be charged a la carte pricing.

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## Downingtown Middle School & Marsh Creek Lunch Menu
### Week of November 18th – 22nd

### Main Course:
- **Monday:** Spicy Chicken Patty on a Whole Grain Bun  
  - Steamed Broccoli
  - Applesauce
- **Tuesday:** Walking Taco  
  - Black Beans
  - Diced Pears
- **Wednesday:** French Toast Sticks with Syrup and Sausage  
  - Peas & Carrots
  - Sliced Peaches
- **Thursday:** Roast Turkey with House-Baked Dinner Roll  
  - Mashed Potatoes & Gravy
  - Corn, Warm Cinnamon Apples
- **Friday:** Buffalo Chicken Flatbread  
  - Green Beans
  - Fresh Grapes

### Grill Station:
- **Monday:** Cheeseburger on a Whole Grain Bun  
  - Steamed Broccoli
  - Applesauce
- **Tuesday:** Whole Grain Chicken Nuggets w/ Soft Pretzel Rod  
  - *See Daily Options Below
  - Black Beans, Diced Pears
- **Wednesday:** Veggie Burger on a Whole Grain Bun  
  - Peas & Carrots
  - Sliced Peaches
- **Thursday:** Chicken Patty on a Whole Grain Bun  
  - Corn
  - *See Daily Options Below
- **Friday:** Hamburger on a Whole Grain Bun  
  - *See Daily Options Below

### Pizza Station:
- **Monday:** BBQ Chicken  
  - Steamed Broccoli
  - Applesauce
- **Tuesday:** Cheese or Pepperoni  
  - Black Beans
  - Diced Pears
- **Wednesday:** Taco Pizza  
  - Peas & Carrots
  - Sliced Peaches
- **Thursday:** Chicken Caesar Salad w/ Soft Pretzel Rod  
  - *See Daily Options Below
- **Friday:** Sausage  
  - *See Daily Options Below

### Grab & Go:
- **Monday:** Turkey & Cheese Sandwich  
- **Tuesday:** Ham & Cheese Sandwich
  - Popcorn Chicken Salad w/ Soft Pretzel Rod
- **Wednesday:** Turkey & Cheese Sandwich
- **Thursday:** Turkey & Cheese Sandwich
- **Friday:** Turkey & Cheese Sandwich

### Thanksgiving Dinner Thursday!
- **Main Course:** Roast Turkey with House-Baked Dinner Roll
- **Side Dishes:** Mashed Potatoes & Gravy
- **Dessert:** Warm Cinnamon Apples

### New Menu Item!
**Main Course:** Buffalo Chicken Flatbread  
- Green Beans
- Fresh Grapes

### Lunch Price: $2.80

### Daily Options:
- **Grill Station:** Hamburger, Cheeseburger, Chicken Patty, Chicken Nuggets w/ Soft Pretzel Rod, or Veggie Burger
- **Pizza Station:** Cheese Pizza or Pepperoni Pizza
- **Grab & Go:** Sunbutter & Jelly
- **Fruit:** Fresh Apple, Orange Slices, Fruit of the Day, or 100% Fruit Juice
- **Vegetable:** Baked Fries, Fresh Broccoli, Cucumber Slices, Baby Carrots, & Vegetable of the Day
- **Milk:** 1% White Milk, Skim Chocolate, Skim Strawberry

*Menu Subject to Change*

### What Makes a Meal?
- Student must select at least 3 out of the 5 different components to make it a meal and one of them MUST be ½ cup fruit, ½ cup vegetable, or 4 oz. fruit juice. Meals without a fruit or vegetable will be charged a la carte pricing.

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Main Course:
French Toast Sticks with Syrup and Sausage
Steamed Broccoli, Applesauce

Grill Station:
Veggie Burger on a Whole Grain Bun
*See Daily Options Below
Steamed Broccoli, Applesauce

Pizza Station:
BBQ Chicken
*See Daily Options Below
Steamed Broccoli, Applesauce

Grab & Go:
Turkey & Cheese Sandwich
Steamed Broccoli, Applesauce

Monday
- French Toast Sticks with Syrup and Sausage
- Steamed Broccoli, Applesauce

Tuesday
- No School

Wednesday
- No School

Thursday
- No School – Happy Thanksgiving!

Friday
- No School

Daily Options:
- Grill Station: Hamburger, Cheeseburger, Chicken Patty, Chicken Nuggets w/ Soft Pretzel Rod, or Veggie Burger
- Pizza Station: Cheese Pizza or Pepperoni Pizza
- Grab & Go: Sunbutter & Jelly
- Fruit: Fresh Apple, Orange Slices, Fruit of the Day, or 100% Fruit Juice
- Vegetable: Baked Fries, Fresh Broccoli, Cucumber Slices, Baby Carrots, & Vegetable of the Day
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Family life is too hectic as it is! We save families from having to spend valuable time packing a lunch, so you can finally have relaxing, quality time together during the most precious hours of the day.

This Month’s Feature:

Our much-anticipated Thanksgiving Dinner is back! This year, we’re featuring Roast Turkey, House-Baked Dinner Rolls, Mashed Potatoes & Gravy, Corn, and Warm Cinnamon Apples. We always have lots of students and staff participate in this meal and it’s one of our favorite days of the year. Don’t miss out on our holiday tradition!

WHAT IS OUR FUEL PROGRAM?
Fuel is a monthly promotion that we run at each grade level! Aramark-exclusive recipes are developed by our corporate chefs to create menu options that are both healthy and exciting for students to try! This fall, we’re expanding student’s palates by highlighting a different colored vegetable each month. Be on the lookout for our monthly features!

November’s Upcoming Events:

ELEMENTARY SCHOOLS

Chick-n-waffle Sandwich Nov. 12th & 14th
- Bruschetta Pizza - 11/6
- Lucky Tray Days - 11/6 & 11/18
- Free Samples - 11/11
- Chicken Waffle Sandwich (FUEL) - 11/12 & 11/14
- Thanksgiving Dinner - 11/21
- Pumpkin Spice Donuts (Breakfast) - 11/22

SECONDARY SCHOOLS

Chick-n-waffle Sandwich Nov. 12th & 14th
- Free Samples - 11/11
- Chicken Waffle Sandwich (FUEL) - 11/12 & 11/14
- Thanksgiving Dinner - 11/21
- High Schools - Carving Station - 11/21
- Pumpkin Spice Donuts (Breakfast) - 11/22
- Middle Schools - Buffalo Chicken Flatbread - 11/22

Link to Lunch Menus: https://www.dasd.org/Page/2664
Or on the DASD Home Page, click on “Food Services” in the top right corner.