**DASD ELEMENTARY LUNCH**

**NOVEMBER 2019**

**Daily Lunch Options:** Sunbutter & Jelly Sandwich, Pretzel & Yogurt Pack with String Cheese.

**Daily Sides of Fruit:** Fresh Apple, Orange Slices, and Fruit of the Day.

**Daily Vegetables:** Fresh Broccoli, Baby Carrots, Red Pepper Strips, Cucumber Slices, & Hot Vegetable of the Day.

**Milk Choices:** Skim Chocolate, Skim Strawberry, or 1% White Milk

**What makes a Meal?**

A lunch meal has 5 components: Meat/Meat Alternate, Bread/Bread Alternate, Fruit, Vegetable, and Milk. Students must select at least 5 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.

*Menu Subject to Change*

Apply online for free or reduced school meals at [http://www.schoolcafe.com/dasd](http://www.schoolcafe.com/dasd)

This institution is an equal opportunity provider.

**Lunch Price: $2.50**

To register, view, fund, and replenish your child's meal account please go to [www.paysforit.net](http://www.paysforit.net) with 24 hours a day 7 days a week access. No hidden fees.
Downingtown Area School District  
Nov. 2019  
Upcoming Events

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:

We Do the Cooking You Do the Stuffing

Best Thanksgiving Ever!

Nov. 21st

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

Chicken 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

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

Secondary Schools

Chicken ‘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