

TASTEFUL TRAYS



News Update:

- All students eat for FREE!
- Starting Monday, October 26th, more high school students are back on campus! We are so excited to welcome you back!
- DISD Child Nutrition has expanded the lunch menus for elementary and high school students, and has expanded breakfast for middle school and high school students!

National School Lunch Week

Congratulations to Myers Middle School on winning the best decorated cafeteria for National School Lunch Week! Be sure to check out their decor on social media!



Featured Menu Item: Chef Salad



Made with romaine lettuce, sliced oven roasted turkey breast, sliced turkey ham, shredded cheddar cheese, cherry tomatoes, cucumbers, shredded carrots, and shredded cabbage. Served with your choice of ranch or fat-free Italian dressing.

Available at elementary and high schools

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Recipe of the Month:

Pumpkin Tomato Soup with Grilled Cheese



Pumpkin Tomato Soup

Ingredients

1 tsp olive oil
1/2 yellow onion, chopped
2 garlic cloves, minced
1 can pumpkin puree (15 oz.)
1 (28 oz.) can peeled or crushed tomatoes
2 cups 2% milk
Dash of sage
1 tbsp. brown sugar
Salt, to taste
Cinnamon, to taste

Directions

1. Warm oil in a large pot and sauté with onion until tender. Add garlic and continue to cook for 1 more minute.
2. Remove from heat and place in a blender along with pumpkin puree, tomatoes, milk, sage, brown sugar, and seasonings.
3. Blend until desired consistency is reached.
4. Transfer soup back to the large pot and bring to a boil. Reduce heat to simmer and cook for 5 more minutes.
5. Add additional salt and cinnamon, if needed.

Grilled Cheese

Ingredients

8 pieces whole wheat bread
8 tbsp. mayonnaise
4 tbsp. butter
8 slices sharp cheddar cheese

Directions

1. Spread 1 tablespoon of mayonnaise over top side of each slice of bread.
2. Heat a small, nonstick skillet over medium heat. Add 1/2 tablespoon of butter to skillet.
3. Place one slice of bread, mayonnaise side face-down, on skillet. Add 2 slices of cheddar cheese. Top with 1 slice of bread, mayonnaise side face-up.
4. Cook until bottom slice becomes golden brown. Flip grilled cheese and add 1/2 tablespoon of butter to skillet. Continue cooking until bottom slice becomes golden brown.
5. Repeat for other 3 grilled cheese sandwiches.



DID YOU KNOW

- 1/2 cup of pumpkin provides you with 280% of your daily Vitamin A needs and 12% of your daily fiber needs!
- Vitamin A is important for vision, and immune function!

