

October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>MENU IS SUBJECT TO CHANGE</i></p> <p><i>BREAKFAST IS SERVED WITH JUICE AND MILK</i></p> <p><i>LUNCH IS SERVED WITH MILK</i></p>	<p>1</p> <p>WG Cereal/WG Toast Fruit</p> <p>Pork Rib/WG Bun Tossed Salad Baby Carrots Fruit Cocktail</p>	<p>2</p> <p>WG Pancake Bites Fruit</p> <p>Crispito Tortilla Chips Tomato Salsa Red & Green Pepper Strips Mandarin Oranges</p>	<p>3</p> <p>WG Nutri Grain Bar String Cheese/Fruit</p> <p>Breakfast Wrap Tri Tator Sugar Snap Peas Apple Juice</p>	<p>4</p> <p>WG Breakfast Pizza Fruit</p> <p>Chicken Parmesan Green Beans Garden Salad Fruit Choice</p>	<p>5</p> <p>WG Mini Cinni Yogurt/Fruit</p> <p>WG Cheese Pizza Caesar Salad Broccoli Bites Banana</p>	<p>6</p>
<p>7</p>	<p>8</p> <p>No School</p>	<p>9</p> <p>WG French Toast Bites Fruit</p> <p>Walking Taco WG Chips Diced Tomatoes Dark Green Leaf Lettuce Diced Peaches</p>	<p>10</p> <p>WG Bagel Yogurt/Fruit</p> <p>Turkey & Cheese Sub Sun Chips Marinated Veggie Salad Fruit Choice</p>	<p>11</p> <p>Egg Patty/Sausage WG Toast/Fruit</p> <p>WG Mac & Cheese Seasoned Peas Fresh Carrots Pineapple</p>	<p>12</p> <p>WG Muffin Yogurt/Fruit</p> <p>WG Taco Pizza Tossed Salad Cucumber Slices Apple Slices</p>	<p>13</p>
<p>14</p>	<p>15</p> <p>WG Cereal/WG Toast Fruit</p> <p>Breaded Pork/WG Bun Tossed Salad Fresh Broccoli Diced Pears</p>	<p>16</p> <p>Cheese Omelet WG Toast/Fruit</p> <p>Crispy Tacos Diced Tomatoes Dark Green Leaf Lettuce Refried Beans Apple Salad</p>	<p>17</p> <p>Cinnamon Toast Yogurt/Fruit</p> <p>Mini Meatball Sub Creamy Coleslaw Green Beans Fruit Choice</p>	<p>18</p> <p>WG Mini Pancakes Fruit</p> <p>Creamy Chicken over Mashed Potatoes Seasoned Peas Applesauce WG Dinner Roll</p>	<p>19</p> <p>WG Apple or Cherry Strudel Fruit</p> <p>Cheese Sticks Marinara Sauce Baby Carrots Garden Salad Orange Wedges</p>	<p>20</p>
<p>21</p>	<p>22</p> <p>WG Cereal/WG Toast Fruit</p> <p>Crispy Chicken Sandwich Baby Carrots Tossed Salad Diced Pears</p>	<p>23</p> <p>WG Pancakes Sausage Patty/Fruit</p> <p>Super Nachos Refried Beans Red & Green Pepper Strips Mixed Fruit</p>	<p>24</p> <p>WG Muffin Yogurt/Fruit</p> <p>Pulled Pork Sandwich Corn Fresh Carrots Diced Peaches</p>	<p>25</p> <p>Egg & Cheese on WG Biscuit/Fruit</p> <p>Grilled Cheese Tomato Soup Celery Sticks Apple Slices</p>	<p>26</p> <p>Mini Bagel Yogurt/Fruit</p> <p>WG Pepperoni Pizza Fresh Broccoli Garden Salad Banana</p>	<p>27</p>
<p>28</p>	<p>29</p> <p>WG Cereal/WG Toast Fruit</p> <p>Chicken Alfredo Roasted Broccoli Garden Salad WG Breadstick Pineapple</p>	<p>30</p> <p>WG Waffles Fruit</p> <p>WG Chicken Quesadilla Tex Mex Salad Cucumber Slices Fruit Choice</p>	<p>31</p> <p>WG Breakfast Wrap Fruit</p> <p>Mummy Dogs Goopy Beans Bat Wing Salad Goblin Eyeballs</p>			
						<p>**This Institution is an Equal Opportunity Provider**</p>

Please Note: All meals include milk, fruit, vegetable, grain, and meat/meat alternate. Milk choice includes choice of non-fat (flavored or unflavored) or 1% (unflavored) milk. Reduced fat dressing is served with salads and fresh vegetables. All grain items are Whole Grain Rich