

Breakfast Menu

OCTOBER 2023

MON	TUE	WED	THU	FRI
2 Multigrain Cheerios Raisins & 100% Juice	3 Pancakes or Strawberry Yogurt Diced Pineapple & 100% Apple Juice	4 French Toast or Cinnamon Raisin Bagel Diced Peaches & 100% Grape Juice	5 Cinnamon Bun or Honey Cheerios Applesauce & 100% Orange Juice	6 Cherry Cocoa Bar Fresh Pear & 100% Pineapple Juice
9 COLUMBUS DAY - SCHOOL CLOSED	10 Strawberry Yogurt or Breakfast Pizza Graham Crackers Diced Pineapple & 100% Apple Juice	11 Cinnamon Flakes Cereal or Apple Frudel Diced Peaches 100% Grape Juice	12 Waffles or Plain Bagel Cream Cheese Applesauce & 100% Orange Juice	13 Banana Muffin Diced Peaches & 100% Grape Juice Banana Muffin
16 Banana Muffin Raisins & Apple Sauce	17 Strawberry Yogurt or Apple Frudel Graham Crackers Diced Pineapple & Apple	18 Multi-Grain Frosted Flakes or Waffles Graham Crackers Diced Peaches & 100% Fruit Juice	19 Cinnamon Toast Crunch or Pancakes Graham Crackers Applesauce & 100% Orange Juice	20 Cinnamon Crips Bar Fresh Banana & Raisins 100% Grape Juice
23 Cherry Cocoa Bar Fresh Pear & 100% Pineapple Juice	24 Strawberry Yogurt or Breakfast Pizza Graham Crackers Diced Pineapple & Pear	25 Honey Cheerios or French Toast Graham Crackers Diced Peaches & 100% Fruit Juice	26 Plain Bagel or Cinn Bun Cream Cheese Applesauce & 100% Orange Juice	27 Cinnamon Flakes Cereal Raisins 100% Grape Juice
30 Multigrain Cheerios Raisins & 100% Juice	31 Pancakes or Strawberry Yogurt Diced Pineapple & 100% Apple Juice			




Snack Menu

OCTOBER 2023

MON	TUE	WED	THU	FRI
2 WG Banana Muffin 100% Orange Juice	3 WG Tostitos 100% Fruit Juice	4 WG Graham Crackers Strawberry Yogurt	5 WG Pretzels Cheese Stick	6 WG Corn Muffin 100% Orange Juice
9 COLUMBUS DAY - SCHOOL CLOSED	10 WG Cheez-its Baby Carrots w/ Ranch	11 WG Pretzels 100% Orange Juice	12 String Cheese Fresh Large Apple	13 WG Graham Crackers 100% Orange Juice
16 WG Pretzels 100% Orange Juice	17 WG Graham Crackers 100% Fruit Juice	18 WG Blueberry Muffin String Cheese	19 WG Graham Crackers Raspberry Yogurt	20 WG Tostitos 100% Apple Juice
23 WG Cheez-its 100% Fruit Juice	24 WG Corn Muffin Roasted Sunflower Seeds	25 WG Graham Crackers 100% Apple Juice	26 WG Apple Muffin String Cheese	27 WG Pretzels 100% Orange Juice
30 WG Banana Muffin 100% Orange Juice	31 WG Tostitos 100% Fruit Juice			



Lunch Menu

OCTOBER 2023

MON	TUE	WED	THU	FRI
<p>2</p> <p>BBQ Beef Meatballs</p> <p>Pasta w/ Tomato Sauce & Mozzarella Cheese</p> <p>WW Club Roll</p> <p>Broccoli</p> <p>Fresh Orange</p>	<p>3</p> <p>Chicken Tenders w/ Ketchup</p> <p>Protein Pasta Alfredo (WGR Breading)</p> <p>Roasted Potatoes</p> <p>Fresh Apple</p>	<p>4</p> <p>Turkey Hot Dog w/ Ketchup</p> <p>Spanish Rice w/ Cheese & Beans (WW Bun)</p> <p>Baked Beans</p> <p>Fresh Pear</p>	<p>5</p> <p>Cheese Lasagna w/ Tomato Sauce</p> <p>Chicken Caesar Salad (Lasagna)</p> <p>Green Beans</p> <p>Fresh Banana</p>	<p>6</p> <p>Cheese Pizza</p> <p>Chicken Breast Sandwich w/ Mayo (Pizza Dough)</p> <p>Baby Carrots w/ Ranch Dressing</p> <p>Raisins</p>
<p>9</p> <p>COLUMBUS DAY - SCHOOL CLOSED</p>	<p>10</p> <p>Fajita Chicken</p> <p>Spanish Rice w/ Cheese & Beans</p> <p>Brown Rice</p> <p>Black Beans & Tomatoes</p> <p>Fresh Orange</p>	<p>11</p> <p>Beef Meatballs w/ Tomato Sauce & Parm Cheese</p> <p>Veggie Burger w/ Ketchup</p> <p>Spaghetti</p> <p>Broccoli</p> <p>Fresh Apple</p>	<p>12</p> <p>*NEW*</p> <p>Crispy Cheesy Chicken Biscuit (WG Biscuit)</p> <p>Celery Sticks/Ranch</p> <p>Cobb Salad w Pita Romain</p> <p>Fresh Banana</p>	<p>13</p> <p>Turkey & Cheese Sandwich w/ Mayo (WW Bread)</p> <p>Baby Carrots w/ Ranch Dressing</p> <p>Raisins</p>
<p>16</p> <p>Chicken Nuggets w/ Ketchup</p> <p>Falafel Bites</p> <p>(WGR Breading)</p> <p>Baked Beans</p> <p>Fresh Orange</p>	<p>17</p> <p>Homemade Macaroni & Cheese</p> <p>Beef Meatballs w/ Tomato Sauce & Mozzarella Cheese (Macaroni)</p> <p>Broccoli</p> <p>Fresh Pear</p>	<p>18</p> <p>Adobo Chicken</p> <p>Cilantro Rice</p> <p>Street Corn</p> <p>Veggie Burger w/ Ketchup</p> <p>Mashed Potatoes</p> <p>Fresh Apple</p>	<p>19</p> <p>French Toast Sticks w/ Scrambled Eggs</p> <p>Chicken Tamale</p> <p>Roasted Sweet Potatoes</p> <p>Fresh Banana</p>	<p>20</p> <p>French Bread Cheese Pizza</p> <p>Turkey & Cheese Sandwich w/ Mayo</p> <p>Baby Carrots w/ Ranch Dressing</p> <p>Apple Sauce</p>
<p>23</p> <p>Cheese Quesadilla w/ Sour Cream</p> <p>Beef Salisbury w/ Gravy</p> <p>Mexican Corn Salad</p> <p>Fresh Orange</p> <p>BBQ Beef Meatballs</p>	<p>24</p> <p>Sweet & Sour Meatballs</p> <p>Brown Rice</p> <p>Cheese Lasagna w/ Tomato Sauce</p> <p>Green Beans</p> <p>Fresh Pear</p> <p>Chicken Tenders w/ Ketchup</p>	<p>25</p> <p>BBQ Chicken</p> <p>Chickpea Marinara w/ Cheese</p> <p>Brown Rice</p> <p>Baked Beans</p>	<p>26</p> <p>Stuffed Bread Sticks</p> <p>Marinara Dipping Sauce</p> <p>Turkey Fajita</p> <p>100% Sun Splash Juice</p> <p>Fresh Banana</p>	<p>27</p> <p>Cheese Pizza</p> <p>Chicken Alfredo</p> <p>Garden Side Salad w/ Ranch</p> <p>Cranberries</p>
<p>30</p> <p>Pasta w/ Tomato Sauce & Mozzarella Cheese</p> <p>WW Club Roll</p> <p>Broccoli</p> <p>Fresh Orange</p>	<p>31</p> <p>Protein Pasta Alfredo (WGR Breading)</p> <p>Roasted Potatoes</p> <p>Fresh Apple</p>			

