

Shepaug Valley School Lunch Menu

October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 WG Breaded Mozzarella Sticks W/ Sauce Steamed Broccoli WG Bread Stick Pineapple Chunks Milk Choice	2 WG Chicken Patty On Whole Grain Roll Baked Beans Cole Slaw Chilled Fruit Cocktail 100% Fruit Juice Milk Choice	3 Cheese Burger WGR Hamburger Roll Season Potatoes Three Bean Salad Chilled Pears Milk Choice	4 WG Stuffed Crust Pizza Raw Baby Carrots Raw Vegetable cups Fresh Apple 100% Fruit Juice Milk Choice	5 No School / PD Day	6
7	8 Columbus Day	9 WG Popcorn Chicken Seasoned Noodles Steamed Green Beans Chilled Pears Milk Choice	10 Totally Tacos Salsa/Sour Cream Seasoned Brown Rice Black Bean & Corn Chilled Fruit Cocktail Milk Choice	11 Sloppy Joe on WG Roll Tostitos w/ salsa Cole Slaw Pineapple Chunks 100% Fruit Juice Milk Choice	12 WG French Bread Pizza Raw Baby Carrots Chickpea Salad Fresh Banana 100% Fruit Juice Milk Choice	13
14	15 BBQ Chicken Bites Seasoned WG Noodle Warm Corn Bread Steamed Carrots Chilled Fruit Cocktail 100% Fruit Juice Milk Choice	16 Pork Rib A Que on WG Roll Tortilla Chips & Salsa Steamed Corn Pineapple Chunks 100% Fruit Juice Milk Choice	17 Half Day	18 Half Day	19 Half Day	20
21	22 WGR Spicy Chicken Patty On WG Roll Baked Beans Three Bean Salad Pineapple Chunks Milk Choice	23 WG Macaroni & Meat Sauce WG Garlic knot Steamed Broccoli Fresh Grapes Milk Choice	24 Teriyaki Chicken Dippers Seasoned Brown Rice Steamed Carrots WG Dinner Roll Chilled Fruit cocktail Milk Choice	25 WG Fish Fillet On WG Roll Sweet Potatoes Fries Cole slaw Chilled Pears 100% Fruit Juice Milk Choice	26 Stuffed Crust Pizza Romaine Salad W/ Lite Ranch Raw Cucumber Slices Chilled Applesauce 100% Fruit Juice Milk Choice	27
28	29 WG Chicken Quesadilla Salsa/Sour Cream Steamed Corn Pineapple Chunks 100% Fruit Juice Milk Choice	30 Taco Salad in Taco Tubs Cheese /Salsa Sour Cream Seasoned Brown Rice Chilled Fruit Cocktail Milk Choice	31 WG Macaroni and Cheese W/Wheat Dinner Roll Steamed Green Bean Jack O Lantern Cookie Enchanted Orange Ice Milk Choice			