



This menu will run
August 2—October 1

Week 1
8/2—8/6
8/23—8/27
9/13—9/17

1% White Milk,
Non Fat Lactaid,
and Non Fat Choc-
olate Milk (only at
lunch) Available
Daily.

Week 2
8/9—8/13
8/30—9/3
9/20—9/24

Assorted WGR
Cereal offered
every day at
breakfast!

After School
Program Meals
are served with
Fruit, Vegeta-
bles, and Milk

Week 3
8/16—8/20
9/6—9/10
9/27—10/1

More than half of
our Grains are 100%
Whole Grain Rich

Menu Items
Subject to
Substitution by
Items of Equal
Nutritional
Value

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1				
<p>Breakfast: WGR Breakfast Pizza w/ Turkey Sausage, WGR Breakfast Bar w/ Graham*</p> <p>Lunch: Mac-n-Cheese Chicken Meal, Grab-n-go, Deli Wraps & Parfaits*, Pizza Variety*</p> <p>After School Program Meal & Snack Jalapeno Cheese Cup Protein Meal w/ WGR Tortilla Chips* WGR Graham*/Wowbutter Cup</p>	<p>Breakfast: Homemade WGR Chocolate Café Muffin*, WGR Breakfast Bar w/ Cheese Stick*</p> <p>Lunch: Burrito Bar, Grab-n-go, Deli Sandwiches*, Entrée Salads*, Pizza Variety*</p> <p>After School Program Meal & Snack Yogurt Cup Protein Meal w/ WGR Crackers* WGR Savory Cracker*/Fruit</p>	<p>Breakfast: Ham & Cheese WGR English Muffin Sandwich, NEW! Baked Strawberry Bar*</p> <p>Lunch: Super Nacho Bar*, Grab-n-go, Deli Sandwiches*, Entrée Salads*, Pizza Variety*</p> <p>After School Program Meal & Snack WGR Wowbutter Sandwich Protein Meal* WGR Munch Mix*/Fruit Juice</p>	<p>Breakfast: Scratch-made WGR Blueberry Lemon Drop Biscuit*, Strawberry Smoothie w/ WGR Graham*</p> <p>Lunch: CA Thursday's Texas Straw Hat, Grab-n-go, Deli Sandwiches*, Entrée Salads, Pizza Variety*</p> <p>After School Program Meal & Snack WGR Chicken Sandwich** WGR Graham*/No Nut Choco Cup</p>	<p>Breakfast: WGR Sausage Biscuit w/ Cheese, Yogurt Cup w/ WGR Graham*</p> <p>Lunch: Pasta Bar*, Grab-n-go, Deli Wraps & Parfaits*, Pizza Variety*</p> <p>After School Program Meal & Snack WGR Pizza Protein Meal* WGR Café Muffin/Milk*</p>
WEEK 2				
<p>Breakfast: WGR Breakfast Pops*, WGR Breakfast Bars w/ Graham*</p> <p>Lunch: Pasta Bar*, Grab-n-go, Deli Wraps &* Parfaits*, Pizza Variety*</p> <p>After School Program Meal & Snack WGR Wowbutter Sandwich Protein Meal* WGR Savory Cracker/Fruit Juice</p>	<p>Breakfast: Homemade WGR Blueberry Oat Café Muffin*, WGR French Toast*</p> <p>Lunch: Super Nacho Bar*, Grab-n-go, Deli Sandwiches*, Entrée Salads*, Pizza Variety*</p> <p>After School Program Meal & Snack WGR Chicken Corn Dog Minis** WGR Graham*/Milk</p>	<p>Breakfast: Fruit & Yogurt Parfait w/ WGR Granola*, WGR Breakfast Bar w/ Cheese Stick*</p> <p>Lunch: Hot Dog Bar, Grab-n-go, Deli Sandwiches*, Entrée Salads*, Pizza Variety*</p> <p>After School Program Meal & Snack WGR Cheese Quesadilla* WGR Sun Chips/Fruit</p>	<p>Breakfast: Scratch-made WGR Cinnamon Roll*, WGR Bagel w/ Cream Cheese & Jelly*</p> <p>Lunch: Potato Bar*, Grab-n-go, Deli Sandwiches*, Entrée Salads*, Pizza Variety*</p> <p>After School Program Meal & Snack Jalapeno Cheese Cup Protein Meal w/ WGR Tortilla Chips* WGR Café Muffin/Milk</p>	<p>Breakfast: WGR Breakfast Pizza w/ Turkey Sausage, WGR Breakfast Bar w/ Graham*</p> <p>Lunch: Chicken Chow Mein or Teriyaki Chicken w/ Rice, Grab-n-go, Deli Wraps & Parfaits*, Pizza Variety*</p> <p>After School Program Meal & Snack WGR Chicken Patty Sandwich** Cheese Stick/Fruit Juice</p>
WEEK 3				
<p>Breakfast: WGR Breakfast Pizza w/ Turkey Sausage, WGR Breakfast Bar w/ Graham*</p> <p>Lunch: Megaburger Bar*, Grab-n-go, Deli Wraps & Parfaits*, Pizza Variety*</p> <p>After School Program Meal & Snack Yogurt Cup Protein Meal w/ WGR Cracker* WGR Graham*/Wowbutter Cup</p>	<p>Breakfast: Homemade WGR Lemon Poppyseed Café Muffin*, WGR Waffles w/ Syrup*</p> <p>Lunch: Taco Tuesday—Taco Bar, Grab-n-go, Deli Sandwiches*, Entrée Salads*, Pizza Variety*</p> <p>After School Program Meal & Snack WGR Chicken Smackers** WGR Savory Cracker/Fruit</p>	<p>Breakfast: Scratch-made WGR Chocolate Chip Scone*, Fruit & Yogurt Parfait w/ Granola*</p> <p>Lunch: Sub Sandwich Bar, Grab-n-go, Deli Sandwiches*, Entrée Salads*, Pizza Variety*</p> <p>After School Program Meal & Snack WGR Mexi-Pocket* Sunflower Seeds/Fruit Juice</p>	<p>Breakfast: Scratch-made WGR Cinnamon Roll*, WGR Breakfast Bar w/ Graham*</p> <p>Lunch: CA Thursday's Miller Hot Dog Bar, Grab-n-go, Deli Sandwiches*, Entrée Salads*, Pizza Variety*</p> <p>After School Program Meal & Snack Hamburger on WGR Bun** WGR Savory Cracker/Fruit</p>	<p>Breakfast: Homemade WGR Vegetarian Breakfast Burrito (Potato, Egg, Cheese)*, Yogurt Cup w/ WGR Graham*</p> <p>Lunch: Mandarin Orange Chicken or Kung Pao Chicken over Rice, Grab-n-go, Deli Wraps & Parfaits*, Pizza Variety*</p> <p>After School Program Meal & Snack Jalapeno Cheese Cup Protein Meal w/ WGR Tortilla Chips* WGR Café Muffin/Milk</p>

A Whole Grain Rich (WGR) Item is served every day for Snack and/or After School Meal

GRAB-N-GO (MAY INCLUDE)	
<ul style="list-style-type: none"> Hamburger Mexi-Pocket* Crispy Chicken Sandwich Mozzarella Breadsticks w/ Marinara* Spicy Crispy Chicken Sandwich 	<ul style="list-style-type: none"> Chicken Smackers w/ Biscuit Bean & Cheese Burrito Chicken Tenders w/ Biscuit Buffalo Chicken Bites w/ Biscuit Chicken & Waffle Sandwich

LUNCH—FRESH GARDEN BAR SIDES (MAY INCLUDE)
<ul style="list-style-type: none"> FRUIT: Fresh Seasonal Fruit, Dried Fruit, Frozen Fruit Cup, Applesauce, RIPS Frozen Juice VEGETABLE: Baby Carrots, Celery, Corn, Tossed Salad, Cucumber, Broccoli, Salsa, Bean Mix