

# Gower West October Lunch Menu

You can add money to your child's account on [www.mymealtime.com](http://www.mymealtime.com)

**ALL MENU ITEMS ARE SUBJECT TO CHANGE ACCORDING TO SEASONALITY AND AVAILABILITY**

**EVERY HOT MEAL COMES WITH A SMALL SALAD, MILK OR SMALL WATER**

**Plant based/veggie options are available upon request**

<p><i>ALL MENU ITEMS ARE SUBJECT TO CHANGE ACCORDING TO SEASONALITY AND AVAILABILITY</i></p>	<p><b>1</b> Baked chicken sandwich with chips</p>	<p><b>2</b> Mac n Cheese with broccoli</p>	<p><b>3</b> Corn dog with tater tots</p>	<p><b>4</b> Cheese quesadilla with chips and salsa</p>
<p><b>7</b> All beef cheeseburger and baked chips</p>	<p><b>8</b> Popcorn chicken bowl butter noodles</p>	<p><b>9</b> Pancakes with grapes and sausage</p>	<p><b>10</b> Bosco sticks</p>	<p><b>11</b> Early Dismissal</p>
	<p><b>15</b> Baked chicken sandwich with chips</p>	<p><b>16</b> All beef hot dog with fries</p>	<p><b>17</b> Pasta with red sauce and garlic bread</p>	<p><b>18</b> Cheese pizza</p>
<p><b>21</b> Baked chicken sandwich</p>	<p><b>22</b> Chicken tenders with noodles</p>	<p><b>23</b> Chicken n' waffles</p>	<p><b>24</b> Individual cheese pizza</p>	<p><b>25</b> Bosco sticks</p>
<p><b>28</b> All beef hot dog with chips</p>	<p><b>29</b> Cheese quesadilla with chips and salsa</p>	<p><b>30</b> Grilled cheese with gold fish and fruit</p>	<p><b>31</b> Early Dismissal</p>	

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