



Stamford Charter - Excellence Lunch - October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Oct 1, 2024	Oct 2, 2024	Oct 3, 2024	Oct 4, 2024	Oct 5, 2024
		<ul style="list-style-type: none"> • Glazed Chicken Drumstick • Brown Rice and Beans • Sweet Plantain • Diced Carrots • Applesauce • Fresh Plum (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Spaghetti and Meatballs (3) • Broccoli • Fresh Apple • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Jamaican Beef Patty • Sweet Plantain • Corn • Salad Dressing, Assorted • Orange • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Whole Grain Cheese Pizza • Green Beans • White Beans • Banana • Fruit cup • Milk 1% low-fat • Skim Milk 	Closed
Oct 6, 2024	Oct 7, 2024	Oct 8, 2024	Oct 9, 2024	Oct 10, 2024	Oct 11, 2024	Oct 12, 2024
Closed	<ul style="list-style-type: none"> • Whole Grain Chicken Nuggets • Green Beans • Sweet Potato Fries • Whole Grain Bread • Fresh Plum (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Mac & Cheese • Green Beans • Whole Grain Bread • Fresh Plum (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Beef Bolognese • Whole Grain Pasta • Cauliflower • Fresh Apple • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Dominican Stew w/Chicken • Brown Rice • Diced Carrots • Orange • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Whole Grain Cheese Pizza • Green Beans • White Beans • Fresh Apple • Milk 1% low-fat • Skim Milk 	Closed
Oct 13, 2024	Oct 14, 2024	Oct 15, 2024	Oct 16, 2024	Oct 17, 2024	Oct 18, 2024	Oct 19, 2024
Closed	Closed	<ul style="list-style-type: none"> • WGR Baked Ziti w/ Meat Sauce • Garlic Bread • Broccoli • Orange • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Chicken Parmesan • Whole Grain Pasta • Broccoli • Pear • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Burger W/ WGR Bun: • Potato Nuggets • Ketchup • Banana • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Whole Grain Cheese Pizza • Green Beans • White Beans • Fresh Apple • Milk 1% low-fat • Skim Milk 	Closed
Oct 20, 2024	Oct 21, 2024	Oct 22, 2024	Oct 23, 2024	Oct 24, 2024	Oct 25, 2024	Oct 26, 2024
Closed	<ul style="list-style-type: none"> • Whole Grain Chicken Fingers • Sweet Potato Fries • Mixed Vegetables • Pear • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Macaroni and Cheese • Collard Greens • Chickpea & Bean Salad • Orange • Fruit Mix In 100% Natural Juice • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Baked Ziti w/Cheese • Broccoli • Fresh Apple • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Jamaican Beef Patty • Sweet Plantain • Corn • Salad Dressing, Assorted • Orange • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Whole Grain Cheese Pizza • Green Beans • White Beans • Fresh Apple • Milk 1% low-fat • Skim Milk 	Closed
Oct 27, 2024	Oct 28, 2024	Oct 29, 2024	Oct 30, 2024	Oct 31, 2024		
Closed	<ul style="list-style-type: none"> • Beef Hot Dog • WGR Hot Dog Bun • Corn • Baked Beans • Clementine (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Glazed Chicken Drumstick • Brown Rice and Beans • Sweet Plantain • Diced Carrots • Applesauce • Fresh Plum (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Spaghetti and Meatballs (3) • Broccoli • Fresh Apple • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Jamaican Beef Patty • Sweet Plantain • Corn • Salad Dressing, Assorted • Orange • Milk 1% low-fat • Skim Milk 		

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Oct 1, 2024	Oct 2, 2024	Oct 3, 2024	Oct 4, 2024	Oct 5, 2024
		<ul style="list-style-type: none"> • Whole Grain Wrap • Chicken Salad • Baby Carrots • Potato Chips • Pears (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Roast Beef WGR Sandwich: • Sugar Snap Peas • WGR Sun Chip • Peach (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Turkey WGR Sandwich: • Chickpea & Bean Salad • WGR Cheez-it Crackers • Bananas (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Ham & Cheese WGR Sandwich: • Cucumber • Pretzels • String Cheese • Pears (2) • Skim Milk • Milk 1% low-fat 	Closed
Oct 6, 2024	Oct 7, 2024	Oct 8, 2024	Oct 9, 2024	Oct 10, 2024	Oct 11, 2024	Oct 12, 2024
Closed	<ul style="list-style-type: none"> • Tuna Salad WGR Wrap: • Chickpea & Bean Salad • Wheat Thins • Apple • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Turkey WGR Sandwich: • Cheese Slice • Sugar Snap Peas • WGR Sun Chip • Bananas (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Chicken Salad WGR bun • Baby Carrots • Potato Chips • Apple • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Turkey Ham WGR Sandwich: • Cheese Slice • Green Beans • Wheat Thins • Bananas (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Tuna Salad WGR Wrap: • Broccoli • WGR Cheez-it Crackers • Apple • Milk 1% low-fat • Skim Milk 	Closed
Oct 13, 2024	Oct 14, 2024	Oct 15, 2024	Oct 16, 2024	Oct 17, 2024	Oct 18, 2024	Oct 19, 2024
Closed	Closed	<ul style="list-style-type: none"> • Chicken Salad WGR Wrap: • Baby Carrots • Potato Chips • Pears (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Roast Beef WGR Sandwich: • Sugar Snap Peas • WGR Sun Chip • Peach (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Turkey WGR Sandwich: • Chickpea & Bean Salad • WGR Cheez-it Crackers • Bananas (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Ham & Cheese WGR Sandwich: • Cucumber • Pretzels • String Cheese • Milk 1% low-fat • Skim Milk • Pears (2) 	Closed
Oct 20, 2024	Oct 21, 2024	Oct 22, 2024	Oct 23, 2024	Oct 24, 2024	Oct 25, 2024	Oct 26, 2024
Closed	<ul style="list-style-type: none"> • Tuna Salad WGR Wrap: • Chickpea & Bean Salad • Wheat Thins • Apple • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Turkey WGR Sandwich: • Cheese Slice • Sugar Snap Peas • WGR Sun Chip • Bananas (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Chicken Salad WGR bun • Baby Carrots • Potato Chips • Apple • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Turkey Ham WGR Sandwich: • Cheese Slice • Green Beans • Wheat Thins • Bananas (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Tuna Salad WGR Wrap: • Broccoli • WGR Cheez-it Crackers • Apple • Milk 1% low-fat • Skim Milk 	Closed
Oct 27, 2024	Oct 28, 2024	Oct 29, 2024	Oct 30, 2024	Oct 31, 2024		
Closed	<ul style="list-style-type: none"> • Roast Beef WGR Sandwich: • Broccoli • Pretzels • Chickpea & Bean Salad • Oranges (2) • Skim Milk • Milk 1% low-fat 	<ul style="list-style-type: none"> • Whole Grain Wrap • Chicken Salad • Baby Carrots • Potato Chips • Pears (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Roast Beef WGR Sandwich: • Sugar Snap Peas • WGR Sun Chip • Peach (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Turkey WGR Sandwich: • Chickpea & Bean Salad • WGR Cheez-it Crackers • Bananas (2) • Milk 1% low-fat • Skim Milk 		

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