



Main Lunch Menu

October 2024

This institution is an equal opportunity provider.

Serving Sizes are as follows:

K - 5th Grade – Meat/MA 1.75oz, Grain 1.75oz, Vegetable ¼ cup, Fruit ½ cup, Low Fat or 1% unflavored or flavored milk 8oz

6th – 8th Grade - Meat/MA 1.75oz, Grain 1.75oz, Vegetable ¼ cup, Fruit ½ cup, Low Fat or 1% unflavored or flavored milk 8oz

Monday	Tuesday	Wednesday	Thursday	Friday
October 28 WGR Chicken Fingers Mashed Potatoes Ketchup Fruit Milk	October 29 Turkey Sausage String Cheese WGR French Toast Broccoli w/ Ranch Fruit Milk	October 30 Grilled Cheese Sandwich on WGR Bread Celery sticks w/Ranch Fruit Milk	October 31 Grilled Chicken w/Salsa Red Beans & Bown Rice Fruit Milk	November 1 <p style="text-align: center;">Early Dismissal</p>
November 4 Beef Riblet w/BBQ Sauce WG Dinner Roll Green Beans Fruit Milk	November 5 Orange Chicken Brown Rice Broccoli Fortune Cookie Fruit Milk National Chinese Take Out Day!	November 6 Taco Beef w/Shredded Cheddar Cheese WGR Tortilla Chips Corn Fruit Milk <p style="text-align: center;">National Nachos Day!</p>	November 7 WGR Chicken Fingers Mashed Potatoes Ketchup Fruit Milk	November 8 WGR Cheese Pizza Celery & Carrots w/ Ranch Fruit Milk
November 11 Meatballs in Marinara Sauce WG Hoagie Roll Green Beans Fruit Milk	November 12 Grilled Chicken Sandwich WG Bun Celery & Carrot Sticks w/ Ranch Fruit Milk	November 13 Mac & Cheese w/ WGR Pasta Mixed Vegetables Fruit Milk	November 14 Egg Patty & Cheese on WG Bagel Breakfast Potatoes Fruit Milk	November 15 WGR Pepperoni Pizza Tator Tots Fruit Milk
November 18 Grilled Chicken Pot Pie w/Mixed Vegetables WGR Biscuit Fruit Milk	November 19 Beef BBQ WGR Bun Cauliflower Fruit Milk	November 20 Beef Hot Dog WG Hot Dog Bun Tator Tots Ketchup Fruit Milk	November 21 Roast Turkey w/ Gravy WGR Stuffing Carrot Sticks w/Ranch Fruit Milk National Stuffing Day!	November 22 WGR Cheese Pizza Celery & Carrots w/ Ranch Fruit Milk
November 25 Turkey Burger w/ Cheddar Cheese on WGR Bun Tater Tots Ketchup Fruit Milk	November 26 Grilled Chicken Fajita WGR Flour Tortilla Fajita Pepper Blend Fruit Milk National Pepper Month!	<p style="font-size: 2em; margin: 0;">THANKSGIVING HOLIDAYS</p>		

****ALL GRAIN COMPONENTS ARE WHOLE GRAIN RICH****

Fruit options vary when in season and will be rotated based on availability: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos, Blueberries