

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Breakfast Beef & Cheese on WGR Bagel ½ cup Fruit & 8oz Milk Lunch  Philly Cheesesteak WGR Bun Chickpea Salad ½ cup Fruit & 8oz Milk	2 Breakfast WGR Mantecada Muffin ½ cup Fruit & 8oz Milk Lunch WGR Chicken Potstickers Roasted Soy Garlic Broccoli ½ cup Fruit & 8oz Milk
5 Breakfast Fruit & Yogurt Parfait 8oz Milk Lunch WGR Pizza Bagel Breaded Broccoli Bites ½ cup Fruit & 8oz Milk	6 Breakfast WGR Breakfast Bread Slice ½ cup Fruit & 8oz Milk Lunch WGR Turkey Sandwich Potato Smiles ½ cup Fruit & 8oz Milk	7 Breakfast Broccoli Cheddar Hashbrown Bake ½ cup Fruit & 8oz Milk Lunch WGR Veggie Nuggets Baked Beans ½ cup Fruit & 8oz Milk	8 Breakfast Chicken Sausage on Local WGR Cinnamon Swirl Bread ½ cup Fruit & 8oz Milk Lunch WGR Sunrise Waffles Sweet Potato Tots ½ cup Fruit & 8oz Milk	9 HALF DAY Breakfast WGR Assorted Cereal ½ cup Fruit & 8oz Milk Lunch  SW Nacho Dip WGR Tortilla Chips Cowboy Caviar ½ cup Fruit & 8oz Milk
12 Breakfast WGR French Toast Sticks and Hot Apple Compote 8oz Milk Lunch WGR Pizza Crunchers Mixed Vegetables ½ cup Fruit & 8oz Milk	13 Breakfast WGR Turkey Sausage and Cheese Stuffed Sandwich ½ cup Fruit & 8oz Milk Lunch WGR Veggie Nuggets Roasted Broccoli ½ cup Fruit & 8oz Milk	14 Breakfast WGR Strawberry Pancake Puffs ½ cup Fruit & 8oz Milk Lunch WGR Mac and Cheese Sweet Peas ½ cup Fruit & 8oz Milk	15 Breakfast WGR Cherry Muffin ½ cup Fruit & 8oz Milk Lunch  Walking Taco with WGR  Tortilla Chips Cheesy Black Beans ½ cup Fruit & 8oz Milk	16
19 Breakfast WGR Maple Snackin' Waffle ½ cup Fruit & 8oz Milk Lunch WGR Morningstar Sandwich Breaded Broccoli Bites ½ cup Fruit & 8oz Milk	20 Breakfast 3 Cheese Egg Bite ½ cup Fruit & 8oz Milk Lunch  WGR Chicken Tenders Sweet Potato Tots ½ cup Fruit & 8oz Milk	21 PA Preferred Day Breakfast WGR Freshly Baked Blueberry Square ½ cup Fruit & 8oz Milk Lunch WGR Fiesta Pierogies Local Lettuce w/ Shredded Carrots & Homemade Ranch ½ cup Sour Cherry Italian Ice & 8oz Milk	22 Breakfast Beef & Cheese on WGR Bagel ½ cup Fruit & 8oz Milk Lunch WGR Ravioli & Pink Sauce Green Beans ½ cup Fruit & 8oz Milk	23 HALF DAY Breakfast WGR Mantecada Muffin ½ cup Fruit & 8oz Milk Lunch  Turkey with Mashed Potatoes & Gravy WGR Dinner Roll ½ cup Fruit & 8oz Milk
26 Breakfast Fruit & Yogurt Parfait 8oz Milk Lunch WGR Breaded Ravioli & Marinara Green Beans ½ cup Fruit & 8oz Milk	27 Breakfast WGR Breakfast Bread Slice ½ cup Fruit & 8oz Milk Lunch WGR Mighty Boneless Wings Sweet Potato Tots ½ cup Fruit & 8oz Milk	28 Breakfast Broccoli Cheddar Hashbrown Bake ½ cup Fruit & 8oz Milk Lunch WGR Beef Pepperoni Calzone BBQ Baked Beans ½ cup Fruit & 8oz Milk	29 Breakfast Chicken Sausage on Local WGR Cinnamon Swirl Bread ½ cup Fruit & 8oz Milk Lunch WGR Turkey Sandwich Potato Smiles ½ cup Fruit & 8oz Milk	30 Halloween Breakfast WGR Assorted Cereal ½ cup Fruit & 8oz Milk Lunch  BBQ Teriyaki Chicken WGR Rice Roasted Broccoli Pumpkin Pie Parfait ½ cup Fruit & 8oz Milk

DID YOU KNOW...

Apples



Pennsylvania produces 400-500 million pounds of apples per year. They're typically harvested from July through October. Apples are a great source of fiber and Vitamin C!



MENU INFO

All Early Childhood menus are pork, nut, fish & shellfish free.

Please ask your cafeteria manager or nurse for a medical plan of care form to accommodate medical dietary needs.

 Vegetarian Options Available Daily	 Contains Fish
 Local Skim & 1% Milk	 Contains Pork
 Fresh Fruit & Veggies Daily	 Gluten Free
	 Halal Food

Our menus meet USDA Requirements

Menu items are subject to change