

CENTRAL KITCHEN BREAKFAST

OCT '26

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Main Entrée Beef & Cheese on WGR Bagel	2 Main Entrée WGR Mixed Berries & Cream Pastry
5 Main Entrée Fruit & Yogurt Parfait 	6 Main Entrée WGR Pizza Dipper & Marinara	7 Main Entrée Broccoli Cheddar Hashbrown Bake 	8 Main Entrée Chicken Sausage on Local WGR Cinnamon Swirl Bread	9 HALF DAY Main Entrée WGR Breakfast Gems
12 Main Entrée WGR Grilled French Toast Sticks & Hot Apple Compote	13 Main Entrée WGR Breakfast Stuffed Sandwich	14 Main Entrée WGR Chicken Maple Corn Dog	15 Main Entrée WGR Raspberry Swirl Roll	16
19 Main Entrée WGR Snack'n Waffle	20 Main Entrée Egg Bites & Chicken Sausage Patty 	21 Main Entrée Freshly Baked WGR Blueberry Squares	22 Main Entrée Beef & Cheese on WGR Bagel	23 HALF DAY Main Entrée WGR Mixed Berries & Cream Pastry
26 Main Entrée Fruit & Yogurt Parfait 	27 Main Entrée WGR Pizza Dipper & Marinara	28 Main Entrée Broccoli Cheddar Hashbrown Bake 	29 Main Entrée Chicken Sausage on Local WGR Cinnamon Swirl Bread	30 Main Entrée WGR Breakfast Gems



DAILY FRUIT OPTIONS

Breakfast and lunch fruit options are seasonal and may include:

Fresh Whole Fruit: Apples, Oranges, Pears, Mandarins, Bananas, Fruit Salads, Stone Fruits

Diced Fruit: Cups: Pears, Peaches, Mangoes, Mandarin Oranges, Pineapple Tidbits, Cinnamon Peaches, Diced Cinnamon Apples, Mixed Tropical Fruit, Tropical Pears

Dried Fruit: Raisins, Craisins, Mixed Fruit

Applesauce: Plain and Fruity Flavors



BREAKFAST SIDES

Cheerios 

Mini Muffin Loaf

Apple Cinnamon Cheerios 

VG Bagels

Cinnamon Granola 

Lucky Charms 

Yogurt: Cups 

Blueberry Chex 

Cinnamon Toast Crunch

Froot Loop Waffle

Salsa Cup 

Breakfast Bar

 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.

CENTRAL KITCHEN LUNCH

OCT '26

Monday	Tuesday	Wednesday	Thursday	Friday
			Main Entrée  Philly Cheesesteak Side Choices WGR or GF Bun Chickpea Salad	Main Entrée WGR Chicken Potstickers Side Choices Roasted Soy Garlic Broccoli
 Main Entrée WGR Pizza Bagel Side Choices Breaded Broccoli Bites	 Main Entrée Turkey Hot Dog and Potato Smiles Side Choices Baby Carrots & Ranch	 Main Entrée Beef Kolache Side Choices Baked Beans	 Main Entrée Sunrise Waffles Side Choices Sweet Potato Tots	HALF DAY  Main Entrée Chicken Nacho Dip Side Choices WGR Tortilla Chips Cowboy Caviar
 Main Entrée WGR Pizza Crunchers Side Choices Mixed Vegetables Marinara Cup	 Main Entrée Meatball Dippers & Marinara Sauce Side Choices Roasted Broccoli WGR Mini Garlic Knots	 Main Entrée WGR Mac and Cheese Side Choices Sweet Peas	 Main Entrée Walking Taco with WGR Tortilla Chips Side Choices Cheesy Black Beans Salsa Cup	
 Main Entrée Morningstar Patty Side Choices WG Hamburger Bun Breaded Broccoli Bites	 Main Entrée WGR Chicken Tenders Side Choices Sweet Potato Tots	PA Preferred Day  Main Entrée Fiesta Pierogies Side Choices Local Green Leaf Lettuce and Grape Tomatoes w/ Homemade Ranch Dressing Sour Cherry Italian Ice	 Main Entrée WGR Ravioli & Pink Sauce Side Choices Chickpea Salad WGR Dinner Roll	 HALF DAY Main Entrée Turkey with Mashed Potatoes & Gravy Side Choices WGR Dinner roll
 Main Entrée WGR Buttered Garlic Pull-Aparts Side Choices Green Beans Marinara Cup	Main Entrée WGR Boneless Wings Side Choices Sweet Potato Tots	Main Entrée WGR Beef Pepperoni Calzone Side Choices BBQ Baked Beans	 Main Entrée Turkey Hotdog & Potato Smiles Side Choices WGR or GF Hotdog Bun	 HALLOWEEN Main Entrée BBQ Teriyaki Chicken & WGR Rice Bowl Side Choices Roasted Soy Garlic Broccoli Pumpkin Pie Parfait
 Alternate Entrées Cheese Quesadilla	 Alternate Entrées PB&J or WoWich	 Alternate Entrées Toasted Cheese Pizza Munchable	 Alternate Entrées Fresh Made Salad	 Alternate Entrées PB&J or Wowich Deli Sandwich

DID YOU KNOW...

October 21st is PA Preferred Day! Lunch trays will be filled with foods made right here in Pennsylvania. Keep an eye out for the PA Preferred symbol at your local store—it's a fun way to support our farmers and the yummy foods they grow!



HARVEST OF THE MONTH



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! We're serving local apples all month!

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

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