

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Breakfast Chicken Sausage on Local WGR Cinnamon Swirl Bread 8oz 1% Milk & 4oz Diced Pears Lunch WGR Loaded Cheeseburger Sliders Crinkle Fries 8oz 1% Milk & 2oz Diced Peaches	Breakfast WGR French Toast Bites & Hot Apple Compote 8oz 1% Milk Lunch WGR Boneless Wings WGR Hush Puppies Cucumber Moons & Ranch 8oz 1% Milk & 2oz Pineapple Tidbits
5	6	7	8	9
Breakfast Yogurt or WGR Assorted Cereal 8oz 1% Milk & 4oz Pineapple Tidbits Lunch WGR Breaded Ravioli & Marinara Breaded Broccoli Bites 8oz 1% Milk & 2oz Diced Pears	Breakfast WGR Mantecada Muffin 8oz 1% Milk & 4oz Diced Peaches Lunch HALAL Turkey Taco Meat & WGR Tortilla Chips Salsa Cup & Black Beans 8oz 1% Milk & 2oz Mandarin Oranges	Breakfast WGR Turkey Sausage and Cheese Stuffed Sandwich 8oz 1% Milk & 3oz Sliced Apples Lunch Flame-Grilled Beef Patty on WGR or GF Bun Crinkle Fries 8oz 1% Milk & 2oz Applesauce	Breakfast Beef & Cheese on WGR Bagel 8oz 1% Milk & 4oz Diced Pears Lunch WGR Sunrise Waffles Sweet Potato Tots 8oz 1% Milk & 2oz Diced Peaches	HALF DAY Breakfast 3 Cheese Egg Bite 8oz 1% Milk & 4oz Mandarin Oranges Lunch WGR Turkey Sandwich WGR Animal Crackers & Brownie Hummus 8oz 1% Milk & ½ cup Fruit
12	13	14	15	16
	Breakfast Freshly Baked WGR Orange Cranberry Squares 8oz 1% Milk & 4oz Diced Peaches Lunch Soy Garlic Oven Roasted Chicken over WGR Rice Soy Garlic Broccoli 8oz 1% Milk & 2oz Mandarin Oranges	Breakfast WGR Bagel & Cream Cheese 8oz 1% Milk & 3oz Sliced Apples Lunch WGR Beef Quesadilla Roasted Corn 8oz 1% Milk & 2oz Applesauce	Breakfast WGR Cherry Muffin 8oz 1% Milk & 4oz Diced Pears Lunch WGR Cheese Ravioli & Pink Sauce Cucumber Moons & Ranch 8oz 1% Milk & 2oz Diced Peaches	Breakfast Yogurt or WGR Assorted Cereal 8oz 1% Milk & 4oz Mandarin Oranges Lunch HALAL WGR Chicken Tenders Cowboy Caviar 8oz 1% Milk & 2oz Pineapple Tidbits
19	20	21	22	23
Breakfast WGR Maple Snackin' Waffle 8oz 1% Milk & 4oz Pineapple Tidbits Lunch WGR Morningstar Sandwich Green Beans 8oz 1% Milk & 2oz Diced Pears	Breakfast WGR Breakfast Bread Slice 8oz 1% Milk & 4oz Diced Peaches Lunch HALAL WGR Chicken Tenders & Waffle Wavelength Fries 8oz 1% Milk & 2oz Mandarin Oranges	PA PREFERRED DAY Breakfast Omelet in WGR Tortilla 8oz 1% Milk & 3oz Sliced Apples Lunch WGR Fiesta Pierogies Locally Grown Salad w/ Homemade Ranch 8oz 1% Milk & Sour Cherry Italian Ice	Breakfast Chicken Sausage on Local WGR Cinnamon Swirl Bread 8oz 1% Milk & 4oz Diced Pears Lunch Oven Roasted Chicken over Rice Roasted Corn 8oz 1% Milk & 2oz Diced Peaches	HALF DAY Breakfast WGR French Toast Bites & Hot Apple Compote 8oz 1% Milk Lunch WGR Turkey Pepperoni Roll WGR Animal Crackers & Brownie Hummus 8oz 1% Milk & ½ cup Fruit
26	27	28	29	30
Breakfast Yogurt or WGR Assorted Cereal 8oz 1% Milk & 4oz Pineapple Tidbits Lunch WGR Mac & Cheese Mixed Vegetables 8oz 1% Milk & 2oz Diced Pears	Breakfast WGR Mantecada Muffin 8oz 1% Milk & 4oz Diced Peaches Lunch Flame-Grilled Beef Patty on WGR or GF Bun Baked Beans 8oz 1% Milk & 2oz Mandarin Oranges	Breakfast WGR Turkey Sausage and Cheese Stuffed Sandwich 8oz 1% Milk & 4oz Applesauce Lunch WGR Pizza Poppers & Marinara Sweet Potato Puffs 8oz 1% Milk & 2oz Applesauce	Breakfast Beef & Cheese on WGR Bagel 8oz 1% Milk & 4oz Diced Pears Lunch WGR Mighty Boneless Wings Mashed Potatoes & Gravy WGR Dinner Roll 8oz 1% Milk & 2oz Diced Peaches	HALLOWEEN Breakfast 3 Cheese Egg Bite 8oz 1% Milk & 4oz Mandarin Oranges Lunch WGR Chicken Potstickers Soy Garlic Broccoli Pumpkin Pie Parfait 8oz 1% Milk & 2oz Pineapple Tidbits

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! We're serving local apples all month!



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