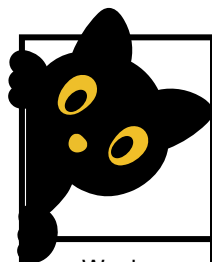


OCTOBER

LUNCH MENU

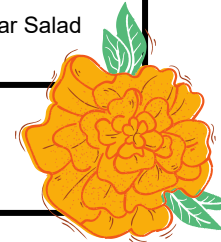
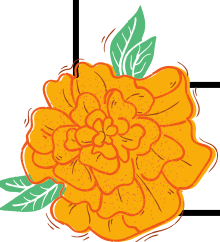


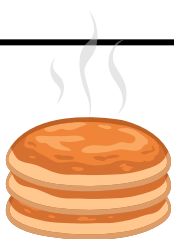
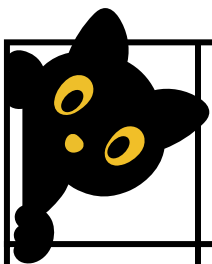
<u>Week:</u> SEPT 28-OCT 2	Chicken Strips w/ Tater Tots or Yogurt Fruit Parfait & Granola w/ Goldfish or Chicken Caesar Salad	Soft Beef Taco w/ rice, beans, cheese, lettuce and tomatoes or Yogurt Fruit Parfait & granola	Roasted Chicken w/ mashed potatoes, squash, dinner roll & gravy or Veggies & hummus salad w/ pita	Cheeseburger/Hamburger on WG bun w/ waffle fries, lettuce tomatoes or Turkey ham & cheese sandwich or Mandarin Chicken Salad	Cheese Pizza w/ green salad or WG Bean & Cheese Burrito or Chicken Caesar Salad
<u>Week:</u> OCT 5 - 9	Chicken Strips w/ Tater Tots & Goldfish crackers or Yogurt Fruit Parfait & Granola or Chicken Caesar salad	Beef Walkin Tacos w/ rice, bean, shredded cheese & lettuce or Yogurt Fruit Parfait & Granola or Chinese Chicken Salad	Spagetti w/ Meatballs & Marinara Sauce & Bread Sticks Or Bean & Cheese Burrito or Chinese Chicken Salad	Popcorn Chicken Mashed Potato, corn bowl w/ gravy or Yogurt Fruit Parfait & Granola or Chicken Ceasar Salad	Cheese Pizza w/ Side Salad or Veggies & Hummus Salad w/ Pita or Bean & Cheese Burrito
<u>Week:</u> OCT 12 - 16	Grilled Cheese Sandwich w/ Baked Waffle Fries or Yogurt Fruit Parfait & Granola w/ Goldfish or Chinese Chicken salad	Taco Salad w/ cheese, rice & beans, shredded lettuce, or Yogurt Fruit Parfait & Granola or Chicken salad sandwich	Teriyaki Beef Dunkers w/ broccoli & brown rice or WG bean& cheese Burrito or Chef Salad	French Toast, Beef Sausage or Yogurt Fruit Parfait & Granola or Chinese Chicken Salad	Cheese Pizza w/ Side Salad or Veggies & Hummus Salad w/ Pita or Bean & Cheese Burrito
<u>Week:</u> OCT 19 - 23	Bosco Cheese Sticks w/ marinara sauce & Carrots or Yogurt Fruit Parfait w/ Granola or Chinese Chicken Salad	Cheese or Chicken Quesadilla w/ rice, beans, cheese, lettuce, & tomatoes Yogurt Fruit Parfait & Granola	Cajun Chicken Pasta w/ roasted green beans & dinner roll or Veggies & Hummus Salad w/ Pita	Orange Chicken w/ brown rice & broccoli or Turkey & Cheese Sandwich w/ side salad or Mandarin Chicken Salad	Cheese Pizza w/ Green Salad or WG Bean & Cheese Burrito or Chicken Caesar Salad
<u>Week:</u> OCT 26 - 30	Chicken Strips w/ Tater Tots & Goldfish crackers or Yogurt Fruit Parfait & Granola or Chicken Caesar salad	Crunchy Taco w/ rice, bean & shreeded cheese or Yogurt Fruit Parfait & Granola or Chinese Chicken Salad	Breaded & Baked Chicken Drumsticks & Waffles or Turkey & Cheese Bagel Sandwich w/ side salad or Mandarin Chicken Salad	BBQ Rib Sandwich on Hoagie w/ Baked wedges or WG Bean & Cheese Burrito or Chicken Caesar Salad	Cheese Pizza w/ Green Salad or WG Bean & Cheese Burrito or Chicken Caesar Salad

Offered with every meal: Fruit: fresh or canned / Milk offered daily: 1% and non fat white and nonfat chocolate

Menu is Subject to Change without notice

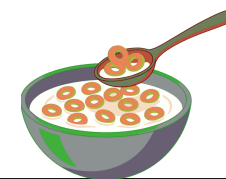
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OCTOBER

Breakfast Menu



<u>Week:</u> SEPT 28-OCT 2	WG Cinnamon Crumb Cake Or Cereal w/ Graham Crackers	Croissant w/ Sausage & Egg Or Cereal w/ String Cheese	Mini Pancakes Or Cereal w/ Graham Crackers	WG Concha Cereal w/ String Cheese	Banana Bread Or Cereal w/ Graham Crackers
<u>Week:</u> OCT 5 - 9		Waffle Or Cereal w/Graham Crackers	Breakfast Pizza Bagel Or Cereal w/String Cheese	French Toast Sticks Or Cereal w/Graham Crackers	Fresh Baked Banana Chip Muffin Or Cereal w/ String Cheese
<u>Week:</u> OCT 12 - 16	Assorted Bagels w/ Cream Cheese Or Cereal w/ Graham Crackers	WG English Muffin w/ Egg & Turkey Bacon Or Cereal w/ String Cheese	Grilled Cheese Or Cereal w/ String Cheese	Banana Bread Or Cereal w/ Graham Crackers	WG Croissant w/ Turkey Sausage & Cheese Or Cereal w/ String Cheese
<u>Week:</u> OCT 19 - 23		WG Turkey & Cheese Crossant or Ceral w/ String Cheese	Apple or Cinnamon Frudel or Cereal w/String Cheese	Oatmeal Or Cereal w/ Graham Crackers	WG Cinnamon Roll Or Cereal w/ String Cheese
<u>Week:</u> OCT 26 - 30	WG Cinnamon Crumb Cake Or Cereal w/ Graham Crackers	Croissant w/ Sausage & Egg Or Cereal w/ String Cheese	Mini Pancakes Or Cereal w/ Graham Crackers	Assorted Muffins w/ yogurt Or Cereal w/ string cheese	Banana Bread Or Cereal w/ Graham Crackers

Offered with every meal: Fruit: fresh or canned / Milk offered daily: 1% and non fat white and nonfat chocolate

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