

**CGLA  
October 2023**

2	3	4	5	6
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
WG Cereal Fruit Milk	Yogurt & WG Granola Fruit Milk	WG Mini Pancakes Fruit Milk	WG Turkey Sausage, Egg & Cheese Bagel Fruit Milk	WG Waffles Fruit Milk
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
WG Chicken Nuggets Tots Baby Carrots WG Goldfish Crackers Fruit Milk	Grilled Chicken Sandwich on WG Bun Baked Beans Fruit Lettuce & Tomato Baked Beans Milk	Chicken Alfredo Broccoli Diced Carrots WG Garlic Breadstick Fruit Milk	WG Mini Pepperoni Calzones (beef) Green Beans Marinara Fruit Milk	WG Mini Corn Dogs (chicken) Sweet Potato Fries Seasoned Corn Fruit Milk
9	10	11	12	13
<b>Fall Break</b>	<b>Fall Break</b>	<b>Fall Break</b>	<b>Fall Break</b>	<b>Fall Break</b>
16	17	18	19	20
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
	WG Breakfast Cookie Fruit Milk	WG Mini Waffles Fruit Milk	WG Turkey Sausage, Egg & Cheese Bagel Fruit Milk	WG Pancakes Fruit Milk
<b>Fall Break</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
	Nachos Pinto Beans Salsa Tortilla Chips Fruit Milk	Mini Calzones (beef pepperoni) Broccoli Marianara Fruit Milk	BBQ Chicken Sandwich on WG Bun Sweet Potato Fries Seasoned Corn Fruit Milk	WG Mini Corn Dogs (chicken) Tots Veggie Sticks Fruit Milk
23	24	25	26	27
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
WG Cereal Bar Fruit Milk	WG Pancake Sandwich Fruit Milk	WG Mini Waffles Fruit Milk	WG Chocolate Crescent Fruit Milk	WG Chicken Biscuit Fruit Milk
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
Chicken Patty Sandwich on WG Bun Baby Carrots Sweet Peas Fruit Milk	WG Quesadillas Pinto Beans Salsa Fruit Milk	WG Mac N' Cheese Broccoli Celery Sticks WG Roll Fruit Milk	WG Cheese Stuffed Bread Sticks Green Beans Marinara Fruit Milk	WG Pizza Tots Cucumber Slices Fruit Milk
30	31			
<b>Breakfast</b>	<b>Breakfast</b>			
WG Cereal Fruit Milk	Yogurt & WG Granola Fruit Milk			
<b>Lunch</b>	<b>Lunch</b>			
WG Chicken Nuggets Tots Baby Carrots WG Goldfish Crackers Fruit Milk	Grilled Chicken Sandwich on WG Bun Baked Beans Lettuce & Tomato Fruit Mol			

\* All items subject to availability from distributors; last minute changes may be necessary \*

\*\* Laughing Sprouts is an Equal Opportunity Employer \*\*