



OCTOBER | 2018

Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Oven Baked Fish Filet WGR Deluxe Mac 'N' Cheese WGR Dinner Roll Fresh Apple Slices Salad Bar Choice of Milk	2 Pepperoni and Cheese Pizza on WGR Pizza Crust Grapes Steamed Baby Carrots Salad Bar Choice of Milk	3 Hamburger on WGR Bun w/ trimmings Applesauce Baked Potato Wedges Salad Bar Choice of Milk	4 School Closed	5 School Closed
8 Fall Break- School Closed	9 Fall Break- School Closed	10 Fall Break- School Closed	11 Fall Break- School Closed	12 Fall Break- School Closed
15 Spaghetti w/ WGR Pasta and Ground Beef WGR Garlic Bread Banana Apple Slices Salad Bar Choice of Milk	16 Shredded BBQ Chicken on WGR Bun Fruit Cocktail Baked Sweet Potato Fries Salad Bar Choice of Milk	17 <u>Take Parents to Lunch Day</u> Chili with Ground Turkey WGR Oyster Crackers WGR Dinner Roll Mixed Fruit Salad Bar Choice of Milk	18 Grilled Chicken Caesar Wrap on 10" WGR Tortilla Fresh Cantaloupe & Honeydew Chunks Green Peas Salad Bar Choice of Milk	19 WGR Chicken Biscuit Mixed Fresh Berries Seasoned Black Beans Salad Bar Choice of Milk
22 Meatball Sub w/ Marinara Sauce Steamed Cauliflower Celery Sticks Choice of Orange and Banana Choice of Milk	23 Chicken Fajita w/ 8" WGR Tortilla WGR Tortilla Chips Pineapple Chunks Mexican Style Corn Salsa Cup Salad Bar Choice of Milk	24 Pepperoni and Cheese Pizza on WGR Pizza Crust Grapes Steamed Baby Carrots Salad Bar Choice of Milk	25 Baked and Breaded Chicken Tenders WGR Dinner Roll Baked Cinnamon Apples Baked Beans Salad Bar Choice of Milk	26 Beef Stir Fry WGR Brown Rice Pears Asian Vegetable Blend Salad Bar Choice of Milk
29 WGR Ziti with Ground Turkey Meat Sauce WGR Garlic Bread Banana Baby Carrot Sticks Salad Bar Choice of Milk	30 Hot Turkey and Cheese on WGR Sub Bun Sliced Kiwi and Grapes Tater Tots Salad Bar Choice of Milk	31 <u>Halloween</u> Mummified Hotdogs Pretzels Cucumber Sticks Ghastly Banana Ghosts or/ Apple Teeth Monsters Salad Bar Choice of Milk		

News

National School Lunch Week: October 15-19, 2018

Lunch Includes

- **Choice of 1 Entrée (includes meat/ meat alternative & grain)**
- **Choice of up to 2 vegetable ***
- **Choice of up to 2 fruits ***
- **Choice of Low-Fat, Fat-Free, or Lactose-Free Milk**

***A lunch must include ½ cup of fruit or vegetable and 2 full other components**

***Middle school students receive a maximum of 1 fruit with their lunch**

Other Daily Lunch Entrée Options:

- > **Soy Butter and Jam Sandwich with Mozzarella Cheese Stick and Whole Grain Animal Crackers**
- > **Yogurt and Whole Grain Granola with Sun Butter Cup and Whole Grain Goldfish Graham Cracker**