



# SEPTEMBER | 2018

## Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Labor Day- School Closed	<b>4</b> Choice of Chicken or Cheese Quesadilla on WGR Tortilla WGR Tortilla Chips Pineapple Chunks Salsa Salad Bar Choice of Milk	<b>5</b> Hamburger on WGR Bun Applesauce Baked Potato Wedges Salad Bar Choice of Milk	<b>6</b> Pepperoni and Cheese Pizza on WGR Pizza Crust Grapes Steamed Baby Carrots Salad Bar Choice of Milk	<b>7</b> Chicken Salad on WGR Bread Mixed Fresh Berries Seasoned Black Beans Salad Bar Choice of Milk
<b>10</b> Spaghetti with WGR Pasta and Ground Beef WGR Garlic Bread Banana Apple Slices Salad Bar Choice of Milk	<b>11</b> Shredded BBQ Chicken on WGR Bun Fruit Cocktail Baked Sweet Potato Fries Salad Bar Choice of Milk	<b>12</b> Grilled Chicken Caesar Wrap on 10" WGR Tortilla Fresh Cantaloupe Chunks Fresh Honeydew Chunks Green Peas Salad Bar Choice of Milk	<b>13</b> Chili with Ground Turkey WGR Oyster Crackers WGR Dinner Roll Mixed Fruit Salad Bar Choice of Milk	<b>14</b> 100% Beef Hot Dog on WGR Bun Pretzels Apple and Orange Slices Cucumber Sticks Salad Bar Choice of Milk
<b>17</b> Meatball Sub w/ Marinara Sauce Steamed Cauliflower Celery Sticks Choice of Orange and Banana Choice of Milk	<b>18</b> Chicken Fajita w/ 8" WGR Tortilla WGR Tortilla Chips Pineapple Chunks Mexican Style Corn Salsa Salad Bar Choice of Milk	<b>19</b> Sausage and Cheese Pizza on WGR Pizza Crust Grapes Steamed Baby Carrots Salad Bar Choice of Milk	<b>20</b> Baked and Breaded Chicken Tenders WGR Biscuit Baked Cinnamon Apples Baked Beans Salad Bar Choice of Milk	<b>21</b> Beef Stir Fry WGR Brown Rice Pears Asian Vegetable Blend Salad Bar Choice of Milk
<b>24</b> WGR Ziti with Ground Turkey Meat Sauce WGR Garlic Bread Banana Carrot Sticks Salad Bar Choice of Milk	<b>25</b> Hot Turkey and Cheese on WGR Sub Bun Sliced Kiwi and Grapes Tater Tots Salad Bar Choice of Milk	<b>26</b> Beef Burrito on WGR Tortilla WGR Tortilla Chips Fresh Seasonal Melon Salsa Salad Bar Choice of Milk	<b>27</b> Baked Chicken WGR Dinner Roll Seasoned WGR Brown Rice Diced Peaches Baked Beans Salad Bar Choice of Milk	<b>28</b> Oven Baked Fish Filet WGR Deluxe Mac 'N' Cheese WGR Dinner Roll Fresh Apple Slices Salad Bar Choice of Milk

### News

#### 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**