

## Menu Due: October 11, 2023

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



*\*Menus Subject to Change\**  
A variety of milk is offered at each meal: 1% White or Fat-Free Chocolate

**Chicken Patty on WGR Bun** **6**  
¼ c Peas  
½ c Sweet Potato Fries  
½ c 100% Fruit Juice  
Ketchup Pkt  
Milk

**Teriyaki Chicken** **7**  
1oz-eq Brown Rice  
¾ c Garlic Broccoli  
½ c Fresh Apple  
Milk

**Mac & Cheese** **8**  
¼ c Cherry Tomatoes  
½ c Green Beans  
½ c Fresh Orange  
Milk

**Penne Pasta w/ Meat Sauce** **9**  
½ c Raw Cauliflower  
½ c Applesauce  
1oz-eq Garlic Bread Roll  
Ranch Pkt  
Milk

**Fish Sticks** **10**  
¼ c Baked Beans  
½ c Green Peas  
½ c 100% Fruit Juice  
Ketchup Pkt  
Milk

**Mini Turkey Corn Dogs** **13**  
¼ c Garlic Broccoli  
½ c Waffle Cut French Fries  
½ c Mixed Fruit Cup  
Ketchup Pkt  
Milk

**Broccoli Cheddar Soup** **14**  
¼ c Baby Carrots  
½ c Fresh Orange  
1 oz-eq Garlic Bread Roll  
Milk

**Chicken Parmesan** **15**  
1oz-eq WG Spaghetti  
½ c Green Beans  
½ c Sliced Peaches  
½ oz-eq Choc. Chip Cookie (WGR)  
Milk

**Sloppy Joe on WGR Bun** **16**  
¼ c Peas  
½ c Raw Cauliflower  
½ c 100% Fruit Juice  
Ketchup Pkt  
Milk

**Taco Salad** **17**  
1 oz-eq Tortilla Chips  
½ c Black Bean Salad  
½ c Fresh Apple  
2 T Sour Cream Pkt  
Milk

**Pepperoni Calzone** **20**  
¼ c Marinara Sauce  
½ c Garlic Broccoli  
½ oz-eq Choc. Chip Cookie (WGR)  
½ c Fruit Cup  
Milk

**Potato, Cheese Perogies (3)** **21**  
1oz-eq Kielbasa Sausage  
¼ c Green Beans  
½ c 100% Fruit Juice  
2 T Sour Cream Pkt  
Milk

**NO SCHOOL**  
**Thanksgiving Break**

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**Quirky Quesadillas** **27**  
¼ c Salsa  
¼ c Roasted Chickpeas  
½ c Fresh Orange  
2 T Sour Cream Pkt  
Milk

**Chicken Noodle Soup** **28**  
½ c Broccoli  
½ c Fresh Peach  
1 oz-eq String Cheese  
1 oz-eq Garlic Bread Roll  
Milk

**BBQ Pork Sandwich** **29**  
¼ c Corn  
½ c Mashed Potatoes  
½ c Fresh Apple  
Milk

**Turkey & Cheese Deli Sandwich** **30**  
(w/Lettuce & Tomato)  
½ c Raw Broccoli Florets  
½ c Applesauce  
Ranch Dip Cup  
Milk



**Lunch: Full Price \$3.30, Reduced Price \$0.40, Adult Price \$4.75**  
**Breakfast: Full Price \$2.30, Reduced Priced \$0.30, Adult Price \$3.75**