

Menu Due: September 13, 2023

Monday	Tuesday	Wednesday	Thursday	Friday
Mini Turkey Corn Dogs 2 ¼ c Garlic Broccoli ½ c Waffle Cut French Fries ½ c Mixed Fruit Cup Ketchup Pkt Milk	Broccoli Cheddar Soup 3 ¼ c Baby Carrots ½ c Fresh Orange 1 oz-eq Garlic Bread Roll Milk	Chicken Parmesan 4 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 5 ¼ c Peas ½ c Raw Cauliflower ½ c 100% Fruit Juice Ketchup Pkt Milk	Taco Salad 6 1 oz-eq Tortilla Chips ½ c Black Bean Salad ½ c Fresh Apple 2 T Sour Cream Pkt Milk
Popcorn Shrimp 9 ½ c Steamed Broccoli ½ c Mashed Potatoes ½ c Fresh Orange 1 oz-eq Dinner Roll (WGR) Ketchup Pkt Milk	Asian Egg Roll 10 1oz-eq Brown Rice ½ c Green Beans ½ c Fruit Cup ½ oz-eq Choc. Chip Cookie (WGR) Milk	Chicken Caprese Wrap 11 ½ c Fresh Broccoli Florets ½ c 100% Fruit Juice Ranch Pkt Milk	Chicken Wings (4) 12 1 oz-eq Cheez-It Crackers (WGR) ¼ c Cucumber Slices ½ c Baby Carrots ½ c 100% Fruit Juice 1 oz-eq String Cheese Ranch Dressing Pkt Milk	13 NO SCHOOL NEOEA Day
Hot Dog on WGR Bun 16 ¼ c Green Beans ½ c Homemade Baked Beans ½ c 100% Fruit Juice Ketchup Pkt Milk	Grilled Cheese Sandwich 17 ½ c Tomato Soup ½ c Peas ½ c Fresh Pear Milk	Grilled Chicken Sandwich 18 (w/Lettuce & Tomato) ½ c Sweet Potato Fries ½ c Peach Slices 1Tbsp Low-Fat Mayo Pkt Milk	Waffles & Turkey Sausage 19 ¼ c Cherry Tomatoes ½ c Vegetable Juice ½ c Fresh Orange Milk	Cheese Breadsticks (2) 20 ¼ c Marinara Sauce ½ c Garlic Broccoli ½ c 100% Juice Milk
Quirky Quesadillas 23 ¼ c Salsa ¼ c Roasted Chickpeas ½ c Fresh Orange 2 T Sour Cream Pkt Milk	Chicken Noodle Soup 24 ½ c Broccoli ½ c Fresh Peach 1 oz-eq String Cheese 1 oz-eq Garlic Bread Roll Milk	Turkey & Cheese Deli Sandwich 25 (w/Lettuce & Tomato) ½ c Raw Broccoli Florets ½ c Applesauce Ranch Pkt Milk	Cheese Pizza (Domino's Smart Slice) 26 ¼ c Cucumber Slices ½ c Baby Carrots ½ c 100% Fruit Juice Ranch Dressing Pkt Milk	27 NO SCHOOL Teacher In-Service Day
Pepperoni Calzone 30 ¼ c Marinara Sauce ½ c Garlic Broccoli ½ oz-eq Choc. Chip Cookie (WGR) ½ c Fruit Cup Milk	Hamburger on WGR Bun 31 ¼ c Baked Beans ½ c Waffle Fries ½ c Fresh Apple Ketchup Pkt Milk	<p><i>*Menus Subject to Change*</i> A variety of milk is offered at each meal: 1% White or Fat-Free Chocolate</p>		

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