

OCTOBER 2024

(Menu Due: September 18, 2024)

Monday

Quirky Quesadillas **7**
 1/4 c Salsa
 1/4 c Roasted Chickpeas
 1/2 c Fresh Orange
 2 T Sour Cream Pkt
 Milk

Hot Dog on WGR Bun **14**
 1/4 c Green Beans
 1/2 c Homemade Baked Beans
 1/2 c 100% Fruit Juice
 Ketchup Pkt
 Milk

Chicken Patty on WGR Bun **21**
 1/4 c Peas
 1/2 c Sweet Potato Fries
 1/2 c 100% Fruit Juice
 Ketchup Pkt
 Milk

Pepperoni Calzone **28**
 1/4 c Marinara Sauce
 1/2 c Garlic Broccoli
 1/2 oz-eq Choc. Chip Cookie (WGR)
 1/2 c Fruit Cup
 Milk

Tuesday

Popcorn Shrimp **1**
 1/2 c Steamed Broccoli
 1/2 c Mashed Potatoes
 1/2 c Fresh Orange
 1 oz-eq Dinner Roll (WGR)
 Ketchup Pkt
 Milk

Chicken Noodle Soup **8**
 1/2 c Broccoli
 1/2 c Fresh Peach
 1 oz-eq String Cheese
 1 oz-eq Garlic Bread Roll
 Milk

Grilled Cheese Sandwich **15**
 1/2 c Tomato Soup
 1/2 c Peas
 1/2 c Fresh Pear
 Milk

Teriyaki Chicken **22**
 1oz-eq Brown Rice
 3/4 c Garlic Broccoli
 1/2 c Fresh Apple
 Milk

Hamburger on WGR Bun **29**
 1/4 c Baked Beans
 1/2 c Waffle Fries
 1/2 c Fresh Apple
 Ketchup Pkt
 Milk

Wednesday

Asian Egg Roll **2**
 1oz-eq Brown Rice
 1/2 c Green Beans
 1/2 c Fruit Cup
 1/2 oz-eq Choc. Chip Cookie (WGR)
 Milk

BBQ Pork Sandwich **9**
 1/4 c Corn
 1/2 c Mashed Potatoes
 1/2 c Fresh Apple
 Milk

Grilled Chicken Sandwich **16**
 (w/Lettuce & Tomato)
 1/2 c Sweet Potato Fries
 1/2 c Peach Slices
 1Tbsp Low-Fat Mayo Pkt
 Milk

Mac & Cheese **23**
 1/4 c Cherry Tomatoes
 1/2 c Green Beans
 1/2 c Fresh Orange
 Milk

Chicken Nuggets (5) **30**
 1/4 c Hummus
 1/4 c Baby Carrots
 1/4 c Cucumbers
 1/2 c Fresh Orange
 Ketchup & Ranch Pkt
 Milk

Thursday

Chicken Caprese Wrap **3**
 1/2 c Fresh Broccoli Florets
 1/2 c 100% Fruit Juice
 Ranch Pkt
 Milk

Turkey & Cheese **10**
 Deli Sandwich
 (w/Lettuce & Tomato)
 1/2 c Raw Broccoli Florets
 1/2 c Applesauce
 Ranch Pkt
 Milk

Waffles & Turkey Sausage **17**
 1/4 c Cherry Tomatoes
 1/2 c Vegetable Juice
 1/2 c Fresh Orange
 Milk

Penne Pasta w/ Meat Sauce **24**
 1/2 c Raw Cauliflower
 1/2 c Applesauce
 1oz-eq Garlic Bread Roll
 Ranch Pkt
 Milk

Potato, Cheese Perogies (3) **31**
 1oz-eq Kielbasa Sausage
 1/4 c Green Beans
 1/2 c 100% Fruit Juice
 2 T Sour Cream Pkt
 Milk

Friday

Chicken Wings (4) **4**
 1 oz-eq Cheez-It Crackers (WGR)
 1/4 c Cucumber Slices
 1/2 c Baby Carrots
 1/2 c 100% Fruit Juice
 1 oz-eq String Cheese
 Ranch Dressing Pkt
 Milk

**NO SCHOOL
 NEOEA DAY** **11**

Cheese Breadsticks (2) **18**
 1/4 c Marinara Sauce
 1/2 c Garlic Broccoli
 1/2 c 100% Juice
 Milk

Fish Sticks **25**
 1/4 c Baked Beans
 1/2 c Green Peas
 1/2 c 100% Fruit Juice
 Ketchup Pkt
 Milk



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

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
 Check the GVA website for additional information. Email: oleh.holowatj2@gva.school **Phone: (216) 767-5956**
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