

Student *[first and last]* Name: \_\_\_\_\_

Grade: \_\_\_\_\_

## 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 Noodle Soup

1/2 c Broccoli  
1/2 c Sliced Peaches  
1 oz-eq String Cheese  
1 oz-eq Garlic Bread Roll  
Milk

1

### BBQ Pork Sandwich

1/4 c Corn  
1/2 c Mashed Potatoes  
1/2 c Fresh Apple  
Milk

2

### Turkey & Cheese Deli Sandwich

(w/Lettuce & Tomato)  
1/2 c Raw Broccoli Florets  
1/2 c Fresh Pear  
Ranch Dip Cup  
Milk

3

### Cheese Pizza (Domino's Smart Slice!)

1/4 c Cucumber Slices  
1/2 c Baby Carrots  
1/2 c 100% Fruit Juice  
Ranch Dressing Pkt  
Milk

4

### Teriyaki Chicken

1oz-eq Brown Rice  
3/4 c Garlic Broccoli  
1/2 c Peach Slices  
1/2 oz-eq Choc. Chip Cookie (WGR)  
Milk

7

### Beef Cutlet

1/4 c Corn  
1/2 c Mashed Potatoes  
1/2 c Fresh Apple  
1 oz-eq Dinner Roll  
Milk

8

### Chicken Patty on WGR Bun

1/4 c Baked Beans  
1/2 c Sweet Potato Fries  
1/2 c Fresh Pear  
Ketchup Pkt  
Milk

9

### Mac & Cheese

1/4 c Cherry Tomatoes  
1/2 c Green Beans  
1/2 c Fresh Orange  
Milk

10

### Fish Sticks

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

11

### Pepperoni Calzone

1/4 c Marinara Sauce  
1/2 c Garlic Broccoli  
1/2 c Fruit Cup  
Milk

14

### Hamburger on WGR Bun

1/4 c Baked Beans  
1/2 c Waffle Fries  
1/2 c Fresh Apple  
Ketchup Pkt  
Milk

15

### Potato, Cheese Perogies (3)

1oz-eq Kielbasa Sausage  
1/4 c Green Beans  
1/2 c 100% Fruit Juice  
2 T Sour Cream Pkt  
Milk

16

### Spaghetti and Meatballs

1/2 c Fresh Cauliflower  
1/2 c Fresh Pear  
Milk

17

### Chicken Nuggets (5)

1/4 c Hummus  
1/2 c Baby Carrots  
1/2 c Fresh Orange  
Ketchup Pkt  
Milk

18

### Hot Dog on WGR Bun

1/4 c Green Beans  
1/2 c Homemade Baked Beans  
1/2 c 100% Fruit Juice  
Ketchup Pkt  
Milk

21

### Cheese Breadsticks (2)

1/4 c Marinara Sauce  
1/2 c Garlic Broccoli  
1/2 c Fresh Apple  
Milk

22

Thanksgiving  
Break

23

Thanksgiving  
Break

24

Thanksgiving  
Break

25

### Chicken Alfredo

1oz-eq Pasta  
3/4 c Steamed Broccoli  
1/2 c Fresh Orange  
1/2 oz-eq Choc. Chip Cookie (WGR)  
Milk

28

### Cheeseburger on WGR Bun

1/4 c Homemade Baked Beans  
1/2 c Waffle Cut French Fries  
1/2 c 100% Fruit Juice  
Ketchup Pkt  
Milk

29

### Breaded Chicken Drumstick

1/4 c Peas  
1/2 c Mashed Potatoes  
1/2 c Mixed Fruit Cup  
1oz-eq Garlic Bread Roll  
Milk

30

**Menu Due: October 19, 2022**

**Lunch: Full Price \$3.25, Reduced Price \$0.40, Adult Price \$4.75**  
**Breakfast: Full Price \$2.25, Reduced Priced \$0.30, Adult Price \$3.75**

