



# LUNCH

## OCTOBER 2022

MY SCHOOL BUCKS

PAY FOR MEALS ONLINE  
MySchoolBucks.com

### Menu Due: September 21, 2022

#### Monday

**Mini Turkey Corn Dogs** **3**  
 ¼ c Garlic Broccoli  
 ½ c Waffle Cut French Fries  
 ½ c Mixed Fruit Cup  
 Ketchup Pkt  
 Milk

**Hot Dog on WGR Bun** **10**  
 ¼ c Green Beans  
 ½ c Homemade Baked Beans  
 ½ c 100% Fruit Juice  
 Ketchup Pkt  
 Milk

**Chicken Alfredo** **17**  
 1oz-eq Pasta  
 ¾ c Steamed Broccoli  
 ½ c Peach Slices  
 ½ oz-eq Choc. Chip Cookie (WGR)  
 Milk

**Chicken Patty on WGR Bun** **24**  
 ¼ c Baked Beans  
 ½ c Sweet Potato Fries  
 ½ c Fresh Pear  
 Ketchup Pkt  
 Milk

**Quirky Quesadillas** **31**  
 ¼ c Salsa  
 ½ c Black Bean Salad  
 ½ c Fresh Orange  
 2 T Sour Cream Pkt  
 Milk

#### Tuesday

**Broccoli Cheddar Soup** **4**  
 ¼ c Baby Carrots  
 ½ c Fresh Orange  
 1 oz-eq Garlic Bread Roll  
 Milk

**Grilled Cheese Sandwich** **11**  
 ½ c Tomato Soup  
 ½ c Peas  
 ½ c Fresh Pear  
 Milk

**Cheeseburger on WGR Bun** **18**  
 ¼ c Homemade Baked Beans  
 ½ c Waffle Cut French Fries  
 ½ c 100% Fruit Juice  
 Ketchup Pkt  
 Milk

**Beef Cutlet** **25**  
 ¼ c Corn  
 ½ c Mashed Potatoes  
 ½ c Fresh Apple  
 1 oz-eq Dinner Roll  
 Milk

#### Wednesday

**Sloppy Joe on WGR Bun** **5**  
 ¼ c Peas  
 ½ c Raw Cauliflower  
 ½ c 100% Fruit Juice  
 Ketchup Pkt  
 Milk

**Waffles & Turkey Sausage** **12**  
 ¼ c Cherry Tomatoes  
 ½ c Vegetable Juice  
 ½ c Fresh Orange  
 Syrup Pkt  
 Milk

**Beet Soup (Borshcht)** **19**  
 ½ c Green Beans  
 ½ c Fresh Apple  
 1oz-eq String Cheese Stick  
 1oz-eq Dinner Roll  
 2 T Sour Cream Pkt  
 Milk

**Mac & Cheese** **26**  
 ¼ c Cherry Tomatoes  
 ½ c Green Beans  
 ½ c Fresh Orange  
 Milk

#### Thursday

**Chicken Parmesan** **6**  
 1oz-eq WG Spaghetti  
 ½ c Green Beans  
 ½ c Sliced Peaches  
 ½ oz-eq Choc. Chip Cookie (WGR)  
 Milk

**Grilled Chicken Sandwich** **13**  
 (w/Lettuce & Tomato)  
 ½ c Sweet Potato Fries  
 ½ c Peach Slices  
 1Tbsp Low-Fat Mayo Pkt  
 Milk

**Breaded Chicken Drumstick** **20**  
 ¼ c Peas  
 ½ c Mashed Potatoes  
 ½ c Mixed Fruit Cup  
 1oz-eq Garlic Bread Roll  
 Milk

**Fish Sticks** **27**  
 ¼ c Baked Beans  
 ½ c Garlic Broccoli  
 ½ c 100% Fruit Juice  
 Ketchup Pkt  
 Milk

#### Friday

**Taco Salad** **7**  
 1 oz-eq Tortilla Chips  
 ½ c Black Bean Salad  
 ½ c Fresh Apple  
 2 T Sour Cream Pkt  
 Milk

**NO SCHOOL  
NEOEA Day** **14**

**Mexican Pizza** **21**  
 ¼ c Hummus  
 ½ c Baby Carrots  
 ½ c Fresh Orange  
 Milk

**NO STUDENTS  
Teacher-In Service** **28**

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



**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**