

Student **[FIRST and LAST]** name: _____

Grade: _____

**Menus Due:
August 17, 2022**

Monday

Tuesday

Wednesday

Thursday

Friday

NO SCHOOL
Labor Day

12
Teriyaki Chicken
1oz-eq Brown Rice
¾ c Garlic Broccoli
½ c Pineapple Chunks
½ oz-eq Choc. Chip Cookie (WGR)
Milk

19
Chicken Pot-Pie
½ c Garlic Broccoli
½ c Sliced Peaches
Milk

26
Quirky Quesadillas
¼ c Salsa
½ c Black Bean Salad
½ c Fresh Orange
2 T Sour Cream Pkt
Milk

30
Breaded Chicken Drumstick
¼ c Peas
½ c Mashed Potatoes
½ c Mixed Fruit Cup
1oz-eq Garlic Bread Roll
Milk
August

6
Grilled Cheese Sandwich
½ c Tomato Soup
½ c Peas
½ c Fresh Pear
Milk

13
Hamburger on WGR Bun
¼ c Baked Beans
½ c Waffle Fries
½ c Mixed Fruit Cup
Ketchup Pkt
Milk

20
Beef Cutlet
¼ c Corn
½ c Mashed Potatoes
½ c Fresh Apple
1 oz-eq Dinner Roll
Milk

27
Mini Meatball Sub
¼ c Marinara Sauce
½ c Green Beans
½ c Mixed Fruit Cup
Milk

31
Cheeseburger on WGR Bun
¼ c Homemade Baked Beans
½ c Waffle Cut French Fries
½ c 100% Fruit Juice
Ketchup Pkt
Milk
August

7
Grilled Chicken Sandwich
(w/Lettuce & Tomato)
½ c Sweet Potato Fries
½ c Peach Slices
1 Tbsp Low-Fat Mayo Pkt
Milk

14
Potato, Cheese Perogies (3)
1oz-eq Kielbasa Sausage
¼ c Green Beans
½ c 100% Fruit Juice
2 T Sour Cream Pkt
Milk

21
Chicken Patty on WGR Bun
¼ c Baked Beans
½ c Sweet Potato Fries
½ c Fresh Pear
Ketchup Pkt
Milk

28
BBQ Chicken Sandwich
¼ c Corn
½ c Mashed Potatoes
½ c Fresh Apple
Milk

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

8
Hot Dog on WGR Bun
¼ c Green Beans
½ c Homemade Baked Beans
½ c 100% Fruit Juice
Ketchup Pkt
Milk

15
Spaghetti and Meatballs
½ c Roasted Cauliflower
½ c Fresh Pear
Milk

22
Mac & Cheese
¼ c Cherry Tomatoes
½ c Green Beans
½ c Fresh Orange
Milk

29
Turkey & Cheese Deli Sandwich
(w/Lettuce & Tomato)
½ c Raw Broccoli Florets
½ c Fresh Pear
Ranch Dip Cup
Milk

2
Mexican Pizza
¼ c Hummus
½ c Baby Carrots
½ c Fresh Orange
Milk

9
Cheese Breadsticks (2)
¼ c Marinara Sauce
½ c Garlic Broccoli
½ c Fresh Apple
Milk

16
Chicken Nuggets (5)
¼ c Hummus
½ c Baby Carrots
½ c Fresh Orange
Ketchup Pkt
Milk

23
Fish Sticks
¼ c Baked Beans
½ c Peas
½ c 100% Fruit Juice
Ketchup Pkt
Milk

30
Cheese Pizza (Domino's Smart Slice!)
¼ c Cucumber Slices
½ c Baby Carrots
½ c 100% Fruit Juice
Ranch Dressing Pkt
Milk

Menus Subject to Change

A variety of milk is offered at each meal:
1% White or Fat-Free Chocolate

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