

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

Menu Due: November 16, 2022

Mini Turkey Corn Dogs **5**
¼ c Garlic Broccoli
½ c Waffle Cut French Fries
½ c Mixed Fruit Cup
Ketchup Pkt
Milk

Broccoli Cheddar Soup **6**
¼ c Baby Carrots
½ c Fresh Orange
1 oz-eq Garlic Bread Roll
Milk

Sloppy Joe on WGR Bun **7**
¼ c Peas
½ c Fresh Cauliflower
½ c 100% Fruit Juice
Ranch Pkt
Milk

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

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

Hot Dog on WGR Bun **12**
¼ c Green Beans
½ c Homemade Baked Beans
½ c 100% Fruit Juice
Ketchup Pkt
Milk

Grilled Cheese Sandwich **13**
½ c Tomato Soup
½ c Peas
½ c Fresh Pear
Milk

Waffles & Turkey Sausage **14**
¼ c Cherry Tomatoes
½ c Vegetable Juice
½ c Fresh Orange
Syrup Pkt
Milk

Chicken Parmesan **8**
1oz-eq WG Spaghetti
½ c Green Beans
½ c Peach Slices
Milk

Taco Salad **9**
1 oz-eq Tortilla Chips
½ c Black Bean Salad
½ c Fresh Apple
2 T Sour Cream Pkt
Milk

Grilled Chicken Sandwich **15**
(w/Lettuce & Tomato)
½ c Sweet Potato Fries
½ c Peach Slices
1Tbsp Low-Fat Mayo Pkt
Ketchup Pkt
Milk

Cheese Breadsticks (2) **16**
¼ c Marinara Sauce
½ c Garlic Broccoli
½ c Fresh Apple
Milk

Chicken Nuggets (5) **19**
¼ c Hummus
½ c Baby Carrots
½ c Fresh Orange
Ketchup & Ranch Pkt
Milk

Hamburger on WGR Bun **20**
¼ c Baked Beans
½ c Dipper Fries
½ c Fresh Apple
Ketchup Pkt
Milk

Potato, Cheese Perogies (3) **21**
1oz-eq Kielbasa Sausage
¼ c Green Beans
½ c 100% Fruit Juice
2 T Sour Cream Pkt
Milk

Teriyaki Chicken **22**
1oz-eq Brown Rice
¾ c Garlic Broccoli
½ c Peach Slices
½ oz-eq Choc. Chip Cookie (WGR)
Milk

**Winter Break
Teacher In-Service** **23**

Winter Break **26**

Winter Break **27**

Winter Break **28**

Winter Break **29**

Winter Break **30**

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

Check the GVA website for additional information. Email: jonathan.hejnal@gva.school

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This institution is an equal opportunity provider.