



School Lunch Menu

October 2023

*All menu items are subject to change.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Sandwich Option

Monday - Turkey + Cheddar on a W.G. Bun

Tuesday - Turkey Ham+ Swiss on a W.G. Bun

Wednesday - Turkey Cold Cut Sub on a W.G. Bun

Thursday - Turkey Ham + Cheddar on a W.G. Bun

Friday - Turkey + Swiss on a W.G. Bun

***All sandwiches served With fruit & vegetable of the day.**

Salad Options

Monday - Chef Salad

Tuesday - Beef Taco Salad

Wednesday - Cranberry Chicken Salad

Thursday - Chicken Caesar Salad

Friday - Beef Taco Salad

*** All salads served with breadstick and fruit of the day.**

<p>Sloppy Joe on a W.G. Bun 2 Baby Carrots Red Apple Sun Chips Milk</p> <p>Veg - veg patty on a w.g. bun</p>	<p>W.G. Penne and Chicken 3 in a Rosa Sauce Mixed Green Salad with Creamy Italian Dressing Fresh Pear W.G. Garlic Bread Stick Milk</p> <p>Veg - pasta marinara</p>	<p>Salisbury Steak in a 4 Beef Gravy Mashed Potatoes Fresh Broccoli Banana Slice of W.G. Bread Milk</p> <p>Veg - brown rice + beans</p>	<p>White Chicken Chili 5 with Beans Sliced Cucumbers Red Grapes W.G. Garlic Bread Stick Milk</p> <p>Veg - bean chili</p>	<p>W.G. Soft Beef Taco x2 6 Lettuce + Cheese Seasoned Black Beans Carrot + Celery Sticks Fresh Orange Tortilla Chips + Salsa Milk</p> <p>Veg - bean taco</p>
<p>W.G. Chicken Tenders 9 Baby Carrots Creamy Pasta Salad Red Apple Milk</p> <p>Veg - cheese sandwich</p>	<p>Sliced Chicken Alfredo 10 with W.G. Penne Pasta Mixed Green Salad with French Dressing Pineapple Chunks W.G. Garlic Bread Stick Milk</p> <p>Veg - pasta marinara</p>	<p>Swedish Meatballs 11 Mashed Potatoes Fresh Broccoli Banana Slice of W.G. Bread Milk</p> <p>Veg - brown rice + beans</p>	<p>Chicken Wild Rice Hot Dish 12 Sliced Zucchini Red Grapes W.G. Garlic Bread Stick Milk</p> <p>Veg - vegetable rice soup</p>	<p>Cheese Burger on a 13 W.G. Bun Cowboy Beans Fresh Orange Sun Chips Milk</p> <p>Veg - veg patty on a w.g. bun</p>
<p>BBQ Chicken 16 on a W.G. Bun Baby Carrots Fresh Pear Tortilla Chips Milk</p> <p>Veg - cheese sandwich</p>	<p>Meatloaf Baked in a 17 Tomato Beef Gravy Mashed Potatoes Grape Tomatoes Banana Slice of W.G. Bread Milk</p> <p>Veg - brown rice + beans</p>	<p>W.G. Lasagna Rolls 18 Meat Sauce and Cheese Mixed Green Salad with Creamy Italian Dressing Sliced Peaches W.G. Garlic Bread Stick Milk</p> <p>Veg - pasta marinara</p>	<p>Chicken Breast on a 19 W.G. Bun Slice of White Cheese Baked Beans Red Apple Sun Chips Milk</p> <p>Veg - bbq beans on a w.g. bun</p>	<p>Chicken Teriyaki with 20 Peppers and Onions Brown Rice Fresh Broccoli Pineapple Chunks Slice of W.G. Bread Milk</p> <p>Veg - brown rice with cheese</p>
<p>W.G. Chicken Patty 23 on a W.G. Bun Baby Carrots Red Apple Nacho Cheese Doritos Milk</p> <p>Veg - veg patty on a w.g. bun</p>	<p>W.G. Stuffed Crust 24 Cheese Pizza Mixed Green Salad with Creamy Italian Dressing Fresh Pear Milk</p> <p>Veg - pasta marinara</p>	<p>Sliced Chicken in a 25 Chicken Gravy Mashed Potatoes Fresh Broccoli Banana Slice of W.G. Bread Milk</p> <p>Veg - brown rice + beans</p>	<p>Italian Meatballs with 26 Shredded Cheese W.G. Coney Bun Sliced Cucumbers Creamy Pasta Salad Red Grapes Milk</p> <p>Veg - italian beans on w.g. bread</p>	<p>W.G. Soft Chicken Taco x2 27 Lettuce + Cheese Seasoned Black Beans Carrot + Celery Sticks Fresh Orange Tortilla Chips + Salsa Milk</p> <p>Veg - bean taco</p>
<p>W.G. Chicken Nuggets 30 Baby Carrots Pineapple Chunks Sun Chips Milk</p> <p>Veg - cheese sandwich</p>	<p>Chicken and Cheese with 31 W.G. Penne Pasta Mixed Green Salad with French Dressing Banana W.G. Garlic Bread Stick Milk</p> <p>Veg - pasta marinara</p>			