

October 2017 Lunch Menu: WMS/CHS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1	Sloppy Joes Coleslaw Seasoned fries Oranges & apple slices Milk Alternate: Cheeseburger on a whole grain bun	2	Bosco Cheese sticks Marinara Sauce Fresh cauliflower Broccoli florets Applesauce milk Alternate: Ham sandwich	3	Breaded pork patty Mashed potatoes & gravy Diced carrots Whole grain roll Peaches Milk Alternate: Turkey & cheese wrap	4	Chicken nuggets Baked beans Baby carrots Whole grain roll Pineapple Milk Alternate: Pizza burger on a whole grain bun	5	Chili Whole grain bread sticks Goldfish crackers Red pepper strips & cucumber slices Pears Milk Alternate: Little Caesar's pizza
8	Chicken Patty on a whole grain bun Broccoli Florets Fruit Cocktail Milk Alternate: Bratwurst on a whole grain bun	9	Turkey Gravy Mashed Potatoes Diced Carrots Whole grain bread Peaches Milk Alternate: Ham & cheese sandwich	10	Sub Sandwich Tomato slices Green bean Medley Apple slices Milk Alternate: Corn dog Early Release	11	Chicken Quesadilla Tortilla Chips Refried Beans Baby carrots Orange Wedges Milk Alternate: Chili Wrap	12	Tomato soup Grilled cheese sandwich Cauliflower Pears Milk Alternate: Little Caesar's pizza
15	Cheeseburger on a whole grain bun Corn Baked beans Watermelon Milk Alternate: Sausage pizza	16	Walking tacos with seasoned beef, cheese, romaine, diced tomatoes, black beans & salsa Pineapple Chocolate chip cookie Milk Alternate: Fiestada pizza	17	Orange chicken Brown rice Broccoli Whole grain roll Cantaloupe Milk Alternate: Egg rolls or turkey sandwich	18	Popcorn chicken Mixed greens with grape tomatoes Whole grain roll Peaches Milk Alternate: Ham & cheese sandwich	19	Minestrone soup Turkey & cheese wraps Baby carrots & celery sticks Grapes Milk Alternate: Little Caesar's pizza
22	French bread pizza Fresh cauliflower & broccoli Apple slices & orange wedges Milk Alternate: Turkey sandwich	23	Hot dog on a whole grain bun Baked beans Tater tots Apple sauce Milk Alternate: Sausage pizza	24	Spaghetti Mixed greens with grape tomatoes Whole grain roll Pears Milk EARLY RELEASE Alternate: Chicken patty on a whole grain bun	25	Meatballs & gravy over Mashed Potatoes Diced carrots\Whole grain roll Peaches Milk Alternate: Ham & cheese wrap	26	Chicken fajita salad with black beans, & grape tomatoes Tortilla chips Whole grain roll Pineapple Milk Alternate: Little Caesar's pizza
29	Chicken strips Baby carrots & cucumber slices Whole grain roll Pears Milk Alternate: Turkey wrap	30	Taco Salad Tortilla Chips Black beans Whole grain Roll Pineapple Milk Alternate: Cheese Quesadilla	31	Breaded Pork Patties Mashed potatoes with gravy Green beans Whole grain roll Orange smiles Milk Alternate: Turkey & cheese wraps	Milk Choices: 1% chocolate Fat free white 1% white	Available Daily: Turkey salad Ham Salad Veggie Salad Yogurt Parfait Pb & J Sandwich Apples and Oranges		

EARLY RELEASE DAYS - 10/10 & 10/24

This institution is an equal opportunity provider.

Menu is subject to change.