



# October 2021 Menu

Menu subject to change

\*Snack indicated is served after 3:30pm for students in After School. All students also have fresh fruit and vegetables offered throughout the day.

	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Week 1-Oct 4-8</b> Fresh fruit served with each meal daily.  Low-fat and Fat-free milk offered daily</p>	<p><b>Breakfast:</b> Grab and Go</p> <p><b>Lunch:</b>Baked Penne Sauteed spinach White beans</p> <p><b>*Snack:</b>yogurt,fruit</p>	<p><b>Breakfast:</b>Breakfast Pizza WG cereal</p> <p><b>Lunch:</b> Roast turkey Cinnamon carrots,peas 20z roll</p> <p><b>*Snack:</b>W.G.cracker,fruit</p>	<p><b>Breakfast:</b> W.G.Waffles Syrup,turkey bacon WG cereal</p> <p><b>Lunch:</b> Chicken pot pie Baked apples cornbread</p> <p><b>*Snack:</b>Granola bar,fruit</p>	<p><b>Breakfast:</b>Eggs,hash Brown WG toast WG cereal</p> <p><b>Lunch:</b> Meatballs gravy Diced potatoes,brussels sprouts 20zWG roll</p> <p><b>*Snack:</b>WGgoldfish,fruit</p>	<p><b>Breakfast:</b>Breakfast sandwich on WGbun WG cereal</p> <p><b>Lunch:</b> Chicken Parm WG pasta,green peas</p> <p><b>*Snack:</b>WG cookie,fruit</p>
<p><b>Week 2-Oct 11-15</b> Fresh fruit served with each meal daily.  Low-fat and Fat-free milk offered daily</p>	<p><b>Breakfast:</b> Grab and go</p> <p><b>Lunch:</b> Veggie Lo Mein Spring roll</p> <p><b>*Snack:</b>WG cookie,fruit</p>	<p><b>Breakfast:</b>WG french toast turkey sausage WG cereal</p> <p><b>Lunch:</b> Roast chicken Brown rice with pigeon peas,parsnips</p> <p><b>*Snack:</b>Cheese stick fruit</p>	<p><b>Breakfast:</b>WGWaffles 1oz syrup,turkey bacon WG cereal</p> <p><b>Lunch:</b> Broccoli alfredo Roast chicken,garlic bread</p> <p><b>*Snack:</b>granola bar,fruit</p>	<p><b>Breakfast:</b>Breakfast sandwich on wg bun WG cereal</p> <p><b>Lunch:</b> Chicken sausage Mashed sweet potatoes Lima beans,cornbread</p> <p><b>*Snack:</b>smart pop,fruit</p>	<p><b>Breakfast:</b>Breakfast pizza WG cereal</p> <p><b>Lunch:</b>Meatball subs Fries,kale salad</p> <p><b>*Snack:</b>yogurt,fruit</p>
<p><b>Week 3-Oct 18-22</b> Fresh fruit served with each meal daily.  Low-fat and Fat-free milk offered daily</p>	<p><b>Breakfast:</b> Grab and go</p> <p><b>Lunch:</b>WG mac and cheese,glazed carrots,peas</p> <p><b>Snack:</b>WG chips,fruit</p>	<p><b>Breakfast:</b>Egg,sausage Cheese on WG muffin WG cereal</p> <p><b>Lunch:</b>Turkey meatloaf Mashed potatoes, Green beans WG roll</p> <p><b>Snack:</b>WG pretzels,fruit</p>	<p><b>Breakfast:</b> WG Waffles 1oz syrup,turkey bacon WG cereal</p> <p><b>Lunch:</b> Lemon chicken Sauteed cabbage carrots,brown rice</p> <p><b>Snack:</b>WG cracker,fruit</p>	<p><b>Breakfast:</b>Eggs,WG toast,home fries WG cereal</p> <p><b>Lunch:</b>Jerk turkey Butternut squash Green beans,WG roll</p> <p><b>Snack:</b>WGgoldfish,fruit</p>	<p><b>Breakfast:</b>WG pancakes 1oz syrup,turkey sausage WG cereal</p> <p><b>Lunch:</b>Pizza, kale salad Chickpea side</p> <p><b>Snack:</b>Smart pop,fruit</p>
<p><b>Week 4-Oct 25-29</b> Fresh fruit served with each meal daily.  Low-fat and Fat-free milk offered daily</p>	<p><b>Breakfast:</b>Grab and Go</p> <p><b>Lunch:</b>Veggie quesadillas Brown rice black beans</p> <p><b>*Snack:</b>Veggie straws fruit</p>	<p><b>Breakfast:</b>Omelet Turkey sausage,toast</p> <p><b>Lunch:</b>Chicken and waffles Sweet Potato fries,peas</p> <p><b>*Snack:</b> WGPretzels,Fruit</p>	<p><b>Breakfast:</b>WG pancakes 1oz syrup,turkey bacon</p> <p><b>Lunch:</b>Beef stew,potatoes,carrots cornbread</p> <p><b>*Snack:</b>WG bar,fruit</p>	<p><b>Breakfast:</b>WG muffin Egg with cheese</p> <p><b>Lunch:</b> Chicken stroganoff egg noodles,broccoli</p> <p><b>*Snack:</b>WG cracker, fruit</p>	<p><b>Breakfast:</b> W.G.Bagel Cream cheese,eggs</p> <p><b>Lunch:</b> BBQ chicken club Potato wedges Three bead salad</p> <p><b>Snack:</b>smart pop,fruit</p>