

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		10/1 SWEET & SOUR CHICKEN (2 OZ) OVER ½ C VEGGIE FRIED RICE 1 C GREEN BEANS ½ C TROPICAL FRUIT ½ C 100% GRAPE JUICE 1 C MILK	10/2 CHEESEBURGER ON WGR BUN 1 KETCHUP 1 MUSTARD 1 C BAKED BEANS 1/2C. MANDARINE ORANGES ½ C 100% APPLE JUICE 1 C MILK	10/3 WGR CHEESE PIZZA FRESH CARROTS RANCH ½ C PEACHES ½ C GRAPE JUICE 1 C MILK
10/6 1 C PASTA & (4/.5) MEATBALL BAKE 1 C GREEN BEANS FRESH APPLE ½ C 100% APPLE JUICE 1 C MILK	10/7 GRILLED CHICKEN ON WGR BUN 1 C OVEN ROASTED POTATOES ½ C APPLESAUCE ½ C 100% ORANGE JUICE 1 C MILK	10/8 2 OZ ORANGE CHICKEN OVER ½ C VEGGIE FRIED RICE ½ C STEAMED BROCCOLI ½ C TROPICAL FRUIT ½ C 100% GRAPE JUICE 1 C MILK	10/9 CHICKEN CORNDOG 1 C BAKED BEANS 1/2C. MANDARINE ORANGES ½ C 100% APPLE JUICE 1 C MILK	10/10 NO SCHOOL
10/13 4.3 OZ CHICKEN TENDERS 1 SLICE WGR BREAD 1 MARGARINE 1 C GREEN BEANS FRESH APPLE ½ C 100% APPLE JUICE 1 C MILK	10/14 CHICKEN PATTY ON WGR BUN 1 C BAKED BEANS ½ C APPLESAUCE ½ C 100% ORANGE JUICE 1 C MILK	10/15 HAMBURGER ON BUN 1 C STEAMED BROCCOLI ½ C TROPICAL FRUIT ½ C 100% GRAPE JUICE 1 C MILK	10/16 2 OZ CHICKEN TENDERS & (1/1.3 OZ) WAFFLES 1 C OVEN ROASTED POTATOES 1/2C. MANDARINE ORANGES ½ C 100% APPLE JUICE 1 C MILK	10/17 4.19OZ. GRILLED CHEESE 1/2C. PEACHES 1 1/4C. FRESH CARROTS RANCH 1/2C. VERRY BERRY JUICE 1C. MILK
10/20 ¾ C MACARONI & CHEESE 1 SLICE WGR BREAD 1 MARGARINE 1 C GREEN BEANS FRESH APPLE ½ C 100% APPLE JUICE 1 C MILK	10/21 4.5 OZ CHEESE & BEAN BURRITO 1 TACO SAUCE 1 C STEAMED CORN ½ C APPLESAUCE ½ C 100% ORANGE JUICE 1 C MILK	10/22 (5/.60 OZ) CHICKEN NUGGETS 1 SLICE WGR BREAD 1 MARGARINE 1 C BAKED BEANS ½ C TROPICAL FRUIT ½ C 100% GRAPE JUICE 1 C MILK	10/23 4 OZ SLOPPY JOE ON WGR BUN 1 C STEAMED BROCCOLI 1/2C. MANDARINE ORANGES ½ C 100% APPLE JUICE 1 C MILK	10/24 ENCHILADA FRESH CARROTS RANCH ½ C PEACHES ½ C 100% GRAPE JUICE 1 C MILK
10/27 (3/1.2 OZ) PANCAKES W/ (2/.67 OZ) TURKEY SAUSAGE 1 SYRUP 1 C OVEN ROASTED POTATOES FRESH APPLE ½ C 100% APPLE JUICE 1 C MILK	10/28 2 OZ CHICKEN 2 OZ ALFREDO ¾ C PASTA BAKE 1 C STEAMED BROCCOLI ½ C APPLESAUCE ½ C 100% ORANGE JUICE 1 C MILK	10/29 SWEET & SOUR CHICKEN (2 OZ) OVER ½ C VEGGIE FRIED RICE 1 C GREEN BEANS ½ C TROPICAL FRUIT ½ C 100% GRAPE JUICE 1 C MILK	10/30 CHEESEBURGER ON WGR BUN 1 KETCHUP 1 MUSTARD 1 C BAKED BEANS 1/2C. MANDARINE ORANGES ½ C 100% APPLE JUICE 1 C MILK	10/31 WGR CHEESE PIZZA FRESH CARROTS RANCH ½ C PEACHES ½ C GRAPE JUICE 1 C MILK

POSITIVE EDUCATION PROGRAM

OCTOBER LUNCH CYCLE MENU 9-12

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