

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

POSITIVE EDUCATION PROGRAM OCTOBER LUNCH CYCLE MENU K-8

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