






October 2017



Mon	Tue	Wed	Thu	Fri
<p>2 Breakfast: Cream Cheese filled Bagel, Yogurt, Raisins, 100% Apple Juice, Milk</p> <p>Lunch: Cheeseburger on WG Bun, Waffle Fries, Romaine Lettuce, Ranch Dressing, Melon, Oranges, Milk</p>	<p>3 Breakfast: Muffins, String Cheese, Strawberries, 100% Orange Juice, Milk</p> <p>Lunch: Taco Meat, WW Corn Chips, Cheese, Lettuce, Tomatoes, Refried Beans, Sour Cream, Salsa, Apples, Oranges, Milk</p>	<p>4 Breakfast: Ham & Cheese on WG Bagel, 100% Grape or Apple Juice, Milk</p> <p>Lunch: Chicken Patties, WG Buns, Baked Fries, Frozen Sidekicks, Romaine Lettuce, Grapes, Apples, Milk</p>	<p>5 Breakfast: French Toast, Applesauce, 100% Apple Juice, Milk</p> <p>Lunch: Meatballs, Mashed Potatoes, Romaine Lettuce, Fruit Slushies, Craisins, Milk</p>	<p>6 Breakfast: Cereal Bowl Pack, Craisins, Milk</p> <p>Lunch: Calzones, Carrots & Celery, Romaine Lettuce, Apples, Oranges, Milk</p>
<p>9 Breakfast: Cherry or Apple Frudels, Yogurt, Raisins, 100% Apple Juice, Milk</p> <p>Lunch: Chicken Nuggets, Baked Fries, WG Dinner Roll, Romaine Lettuce, Ranch Dressing, Grapes, Apples, Milk</p>	<p>10 Breakfast: Breakfast Pizza Boats, Pears, 100% Orange Juice, Milk</p> <p>Lunch: WG Sub Bun, Ham or Turkey, Cheese, Lettuce, Tomatoes, Sun Chips, Mayo, Mustard, Oranges, Banana, Milk</p>	<p>11 Breakfast: Cheese Omelets, WW Toast, Peaches, 100% Grape Juice, Milk</p> <p>Lunch: Ravioli, Green Beans, Romaine Lettuce, Ranch Dressing, Goldfish Crackers, Apple, Fruit Slushies, Milk</p>	<p>12 Breakfast: Waffles, Applesauce, 100% Orange Juice, Milk</p> <p>Lunch: WG Corn Dog, Romaine Lettuce, French or Italian Dressing, Frozen Sidekicks, Grapes, Applesauce Pouch, Milk</p>	<p>13 Breakfast: Cereal Bowl Packs, Craisins, Milk</p> <p>Lunch: Ham & Cheese Stuffer, Romaine Lettuce, Carrots & Broccoli, Ranch Dip, Apples, Melon, Milk</p>
<p>16 Breakfast: Sausage & Cheese Bagel, Pears, 100% Apple Juice, Milk</p> <p>Lunch: Cheeseburger Meatloaf, WG Bun, Baked Fries, Romaine Lettuce, Cukes, French or Italian Dressing, Grapes, Apples, Milk</p>	<p>17 Breakfast: WG Pancake, Applesauce, Raisins, Milk</p> <p>Lunch: Taco Meat, WW Corn Chips, Cheese, Lettuce, Tomatoes, Refried Beans, Sour Cream, Salsa, Apples, Oranges, Milk</p>	<p>18 Breakfast: Scrambled Eggs, WG Toast, Peaches, 100% Orange Juice, Milk</p> <p>Lunch: Ham, Baby Bakers, Romaine Lettuce, Ranch Dressing, WG Dinner Roll, Grapes, Apple, Milk</p>	<p>19 Breakfast: Muffins, String Cheese, Applesauce, 100% Orange Juice, Milk</p> <p>Lunch: Spaghetti, Romaine & Spinach Salad, Ranch Dressing, Oranges, Melon, Milk</p>	<p>20 Breakfast: Cereal Bowl Packs, Craisins, Milk</p> <p>Lunch: Pizza Romaine Lettuce, Frozen Sidekicks, Oranges, Pineapple, Milk</p>
<p>23 Breakfast: Sausage & Pancake Wrap, Applesauce, Craisins, Milk</p> <p>Lunch: Turkey & Gravy, Mashed Potatoes, Romaine Lettuce, Ranch Dressing, WG Dinner Roll, Banana, Apple, Milk</p>	<p>24 Breakfast: Nutri-Grain Cereal Bar, Yogurt, 100% Grape Juice, Banana, Milk</p> <p>Lunch: WG Sub Bun, Ham or Turkey, Cheese, Lettuce, Tomatoes, Sun Chips, Mayo, Oranges, Banana, Milk</p>	<p>25 Breakfast: Boiled Eggs, WW Toast, Peaches, 100% Orange Juice, Milk</p> <p>Lunch: Pork Patties, Potato Wedges, Romaine Lettuce, French or Italian Dressing, Apples, Grapes, Milk</p>	<p>26 Breakfast: WG Poptart, String Cheese, Applesauce Pouch, 100% Grape Juice, Milk</p> <p>Lunch: Orange Chicken, WW Dinner Roll, Romaine Lettuce, California Blend Veggies, Ranch Dressing, Apples, Fruit Slushies, Milk</p>	<p>27 Breakfast: Cereal Bowl Pack, Craisins, Milk</p> <p>Lunch: Hot Dog, WG Buns, Baked Beans, Romaine Lettuce with Cukes & Tomatoes, Melon, Banana, Milk</p>
<p>30 Breakfast: Cream Cheese filled Bagel, Yogurt, Raisins, 100% Apple Juice, Milk</p> <p>Lunch: Cheeseburger on WG Bun, Waffle Fries, Romaine Lettuce, Ranch Dressing, Melon, Oranges, Milk</p>	<p>31 Breakfast: Muffins, String Cheese, Strawberries, 100% Orange Juice, Milk</p> <p>Lunch: Taco Meat, WW Corn Chips, Cheese, Lettuce, Tomatoes, Refried Beans, Sour Cream, Salsa, Apples, Oranges, Milk</p>			

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Milk Served at every meal: Lowfat Unflavored, Fat Free Unflavored, Fat Free Chocolate (Friday Lunch) .
All Juice served is 100% Fruit Juice.