

October Menus 2023

Breakfast in the Classroom

Week 2

Monday 10/2	Tuesday 10/3	Wednesday 10/4	Thursday 10/5	Friday 10/6
1 ea. Chicken Biscuit 32g	1 ea. Cinnamon Toast Crunch Bar 40g	1 ea. Assorted Cereal 46g	1 ea. Banana Bread 45g	1 ea. Yogurt Dani Van 12g
1 ea. Assorted Fresh Fruit 15g	1 ea. Assorted Fresh Fruit 15g	1 ea. Assorted Fresh Fruit 15g	1 ea. Assorted Fresh Fruit 15g	1 ea. Assorted Muffins 31g
1 ea. Assorted Juice 14g	1 ea. Assorted Juice 14g	1 ea. Assorted Juice 14g	1 ea. Assorted Juice 14g	1 ea. Assorted Fresh Fruit 15g
1% White Milk 13g FF Choc. Milk 20g FF Straw. Milk 19g	1% White Milk 13g FF Choc. Milk 20g FF Straw. Milk 19g	1% White Milk 13g FF Choc. Milk 20g FF Straw. Milk 19g	1% White Milk 13g FF Choc. Milk 20g FF Straw. Milk 19g	1 ea. Assorted Juice 14g
				1% White Milk 13g FF Choc. Milk 20g FF Straw. Milk 19g

Week 3

Monday 10/9	Tuesday 10/10	Wednesday 10/11	Thursday 10/12	Friday 10/13
1 ea. Pancake Wrap 16g	1 ea. Blueberry Waffle 35g	1 ea. Assorted Cereal 46g	1 ea. Sausage Bfast Pizza 31g	1 ea. Assorted Pastry 36g
1 ea. Assorted Fresh Fruit 15g	1 ea. Assorted Fresh Fruit 15g	1 ea. Assorted Fresh Fruit 15g	1 ea. Assorted Fresh Fruit 15g	1 ea. Strawberry Banana Yogurt 12g
1 ea. Assorted Juice 14g	1 ea. Assorted Juice 14g	1 ea. Assorted Juice 14g	1 ea. Assorted Juice 14g	1 ea. Assorted Fresh Fruit 15g
1% White Milk 13g FF Choc. Milk 20g FF Straw. Milk 19g	1% White Milk 13g FF Choc. Milk 20g FF Straw. Milk 19g	1% White Milk 13g FF Choc. Milk 20g FF Straw. Milk 19g	1% White Milk 13g FF Choc. Milk 20g FF Straw. Milk 19g	1 ea. Assorted Juice 14g
				1% White Milk 13g FF Choc. Milk 20g FF Straw. Milk 19g

Week 1

Monday 10/16	Tuesday 10/17	Wednesday 10/18	Thursday 10/19	Friday 10/20
1 ea. Grilled Cheese 31g	1ea. Waffle Mini Maple 36g	1 ea. Assorted Cereal 46g	NO SCHOOL	NO SCHOOL
1 ea. Assorted Fresh Fruit 15g	1 ea. Assorted Fresh Fruit 15g	1 ea. Assorted Fresh Fruit 15g		
1 ea. Assorted Juice 14g	1 ea. Assorted Juice 14g	1 ea. Assorted Juice 14g		
1% White Milk 13g FF Choc. Milk 20g FF Straw. Milk 19g	1% White Milk 13g FF Choc. Milk 20g FF Straw. Milk 19g	1% White Milk 13g FF Choc. Milk 20g FF Straw. Milk 19g		

Week 2

Monday 10/23	Tuesday 10/24	Wednesday 10/25	Thursday 10/26	Friday 10/27
1 ea. Chicken Biscuit 32g	1 ea. Cinnamon Toast Crunch Bar 40g	1 ea. Assorted Cereal 46g	1 ea. Banana Bread 45g	1 ea. Yogurt Dani Van 12g
1 ea. Assorted Fresh Fruit 15g	1 ea. Assorted Fresh Fruit 15g	1 ea. Assorted Fresh Fruit 15g	1 ea. Assorted Fresh Fruit 15g	1 ea. Assorted Muffins 31g
1 ea. Assorted Juice 14g	1 ea. Assorted Juice 14g	1 ea. Assorted Juice 14g	1 ea. Assorted Juice 14g	1 ea. Assorted Fresh Fruit 15g
1% White Milk 13g FF Choc. Milk 20g FF Straw. Milk 19g	1% White Milk 13g FF Choc. Milk 20g FF Straw. Milk 19g	1% White Milk 13g FF Choc. Milk 20g FF Straw. Milk 19g	1% White Milk 13g FF Choc. Milk 20g FF Straw. Milk 19g	1 ea. Assorted Juice 14g
				1% White Milk 13g FF Choc. Milk 20g FF Straw. Milk 19g

Week 3

Monday 10/30	Tuesday 10/31	Wednesday 11/1	Thursday 11/2	Friday 11/3
1 ea. Pancake Wrap 16g	1 ea. Blueberry Waffle 35g	1 ea. Assorted Cereal 46g	1 ea. Sausage Bfast Pizza 31g	1 ea. Assorted Pastry 36g
1 ea. Assorted Fresh Fruit 15g	1 ea. Assorted Fresh Fruit 15g	1 ea. Assorted Fresh Fruit 15g	1 ea. Assorted Fresh Fruit 15g	1 ea. Strawberry Banana Yogurt 12g
1 ea. Assorted Juice 14g	1 ea. Assorted Juice 14g	1 ea. Assorted Juice 14g	1 ea. Assorted Juice 14g	1 ea. Assorted Fresh Fruit 15g
1% White Milk 13g FF Choc. Milk 20g FF Straw. Milk 19g	1% White Milk 13g FF Choc. Milk 20g FF Straw. Milk 19g	1% White Milk 13g FF Choc. Milk 20g FF Straw. Milk 19g	1% White Milk 13g FF Choc. Milk 20g FF Straw. Milk 19g	1 ea. Assorted Juice 14g 1% White Milk 13g FF Choc. Milk 20g FF Straw. Milk 19g

Breakfast Elementary

Week 2

Monday 10/2	Tuesday 10/3	Wednesday 10/4	Thursday 10/5	Friday 10/6
1 ea. Pancake Wrap 16g	Funnel Cake Bar <ul style="list-style-type: none"> • 1 ea. Dutch waffle 43g • 4 oz. Strawberries • 1oz. Whip Topping 7g 	4 oz. Cheese Grits 23g	1 ea. Assorted Muffins 31g	1 ea. Cheese Omelet 1g
1 ea. Cereal 46g		2 ea. Bacon	1 ea. Dani Vanilla Yogurt 12g	1 ea. Hashbrown patty
1 ea. Fresh Fruit 15g		1 ea. Cereal 46g	1 ea. Cereal 46g	1 ea. Cereal 46g
1 ea. Juice 14g	1 ea. Cereal 46g	1 ea. Fresh Fruit 15g	1 ea. Fresh Fruit 15g	1 ea. Fresh Fruit 15g
1 ea. Syrup 30g	1 ea. Fresh Fruit 15g	1 ea. Juice 14g	1 ea. Juice 14g	1 ea. Juice 14g
1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g	1 ea. Juice 14g	1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g	1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g	1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g
	1 ea. Syrup 30g			
	1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g			

Week 3

Monday 10/9	Tuesday 10/10	Wednesday 10/11	Thursday 10/12	Friday 10/13
3 oz. French Toast Sticks 28g	1 ea. Cereal 46g	4 oz. Cheese Grits 23g	1 ea. Assorted Muffins 31g	1 ea. Breakfast Pizza 31g
1 ea. Cereal 46g	1 ea. Blueberry Waffle 35g	Country Fried Steak	1 ea. Dani Vanilla Yogurt 12g	1 ea. Cereal 46g
1 ea. Fresh Fruit 15g	1 ea. Fresh Fruit 15g	1 ea. Cereal 46g	1 ea. Cereal 46g	1 ea. Fresh Fruit 15g
1 ea. Juice 14g	1 ea. Juice 14g	1 ea. Fresh Fruit 15g	1 ea. Fresh Fruit 15g	1 ea. Juice 14g
1 ea. Syrup 30g	1 ea. Syrup 30g	1 ea. Juice 14g	1 ea. Juice 14g	1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g
1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g	1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g	1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g	1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g	

Week 1

Monday 10/16	Tuesday 10/17	Wednesday 10/18	Thursday 10/19	Friday 10/20
3 oz. French Toast Sticks 28g	1 ea. Waffle Mini Maple 36g	4 oz. Cheese Grits 23g	NO SCHOOL	NO SCHOOL
1 ea. Cereal 46g	1 ea. Cereal 46g	Turkey Sausage Patty 1g		
1 ea. Fresh Fruit 15g	1 ea. Fresh Fruit 15g	1 ea. Cereal 46g		
1 ea. Juice 14g	1 ea. Juice 14g	1 ea. Fresh Fruit 15g		
1 ea. Syrup 30g	1 ea. Syrup 30g	1 ea. Juice 14g		
1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g	1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g	1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g		

Week 2

Monday 10/23	Tuesday 10/24	Wednesday 10/25	Thursday 10/26	Friday 10/27
1 ea. Pancake Wrap 16g	Funnel Cake Bar <ul style="list-style-type: none"> • 1 ea. Dutch waffle 43g • 4 oz. Strawberries • 1oz. Whip Topping 7g 	4 oz. Cheese Grits 23g	1 ea. Assorted Muffins 31g	1 ea. Cheese Omelet 1g
1 ea. Cereal 46g		2 ea. Bacon	1 ea. Dani Vanilla Yogurt 12g	1 ea. Hashbrown patty
1 ea. Fresh Fruit 15g		1 ea. Cereal 46g	1 ea. Cereal 46g	1 ea. Cereal 46g
1 ea. Juice 14g	1 ea. Cereal 46g	1 ea. Fresh Fruit 15g	1 ea. Fresh Fruit 15g	1 ea. Fresh Fruit 15g
1 ea. Syrup 30g	1 ea. Fresh Fruit 15g	1 ea. Juice 14g	1 ea. Juice 14g	1 ea. Juice 14g
1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g	1 ea. Juice 14g 1 ea. Syrup 30g 1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g	1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g	1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g	1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g

Week 3

Monday 10/30	Tuesday 10/31	Wednesday 11/1	Thursday 11/2	Friday 11/3
3 oz. French Toast Sticks 28g	1 ea. Cereal 46g	4 oz. Cheese Grits 23g	1 ea. Assorted Muffins 31g	1 ea. Breakfast Pizza 31g
1 ea. Cereal 46g	1 ea. Blueberry Waffle 35g	Country Fried Steak	1 ea. Dani Vanilla Yogurt 12g	1 ea. Cereal 46g
1 ea. Fresh Fruit 15g	1 ea. Fresh Fruit 15g	1 ea. Cereal 46g	1 ea. Cereal 46g	1 ea. Fresh Fruit 15g
1 ea. Juice 14g	1 ea. Juice 14g	1 ea. Fresh Fruit 15g	1 ea. Fresh Fruit 15g	1 ea. Juice 14g
1 ea. Syrup 30g	1 ea. Syrup 30g	1 ea. Juice 14g	1 ea. Juice 14g	1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g
1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g	1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g	1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g	1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g	

Breakfast Middle & High School

Week 2

Monday 10/2	Tuesday 10/3	Wednesday 10/4	Thursday 10/5	Friday 10/6
1 ea. Pancake Wrap 16g	1 ea. Pancake Wrap 16g	1 ea. Pancake Wrap 16g	1 ea. Pancake Wrap 16g	1 ea. Pancake Wrap 16g
3 oz. French Toast Sticks 28g	Funnel Cake Bar <ul style="list-style-type: none"> • 1 ea. Dutch waffle 43g • 4 oz. Strawberries • 1oz. Whip Topping 7g 	4 oz. Cheese Grits 23g	1 ea. Assorted Muffins 31g	1 ea. Cheese Omelet 1g
1 ea. Cereal 46g	1 ea. Cereal 46g	2 ea. Bacon	1 ea. Dani Vanilla Yogurt 12g	1 ea. Hashbrown patty
1 ea. Fresh Fruit 15g	1 ea. Cereal 46g	1 ea. Cereal 46g	1 ea. Cereal 46g	1 ea. Cereal 46g
1 ea. Juice 14g	1 ea. Fresh Fruit 15g	1 ea. Fresh Fruit 15g	1 ea. Fresh Fruit 15g	1 ea. Fresh Fruit 15g
1 ea. Syrup 30g	1 ea. Juice 14g	1 ea. Juice 14g	1 ea. Juice 14g	1 ea. Juice 14g
1% White Milk 13g FF Chocolate Milk 20g	1 ea. Syrup 30g	1 ea. Syrup 30g	1 ea. Syrup 30g	1 ea. Syrup 30g
FF Strawberry Milk 19g	1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g	1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g	1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g	1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g

Week 3

Monday 10/9	Tuesday 10/10	Wednesday 10/11	Thursday 10/12	Friday 10/13
1 ea. Pancake Wrap 16g	1 ea. Pancake Wrap 16g	1 ea. Pancake Wrap 16g	1 ea. Pancake Wrap 16g	1 ea. Pancake Wrap 16g
3 oz. French Toast Sticks 28g	1 ea. Blueberry Waffle 35g	4 oz. Cheese Grits 23g	1 ea. Assorted Muffins 31g	1 ea. Breakfast Pizza 31g
1 ea. Cereal 46g	1 ea. Cereal 46g	Country Fried Steak	1 ea. Dani Vanilla Yogurt 12g	1 ea. Cereal 46g
1 ea. Fresh Fruit 15g	1 ea. Fresh Fruit 15g	1 ea. Cereal 46g	1 ea. Cereal 46g	1 ea. Fresh Fruit 15g
1 ea. Juice 14g	1 ea. Juice 14g	1 ea. Fresh Fruit 15g	1 ea. Fresh Fruit 15g	1 ea. Juice 14g
1 ea. Syrup 30g	1 ea. Syrup 30g	1 ea. Juice 14g	1 ea. Juice 14g	1 ea. Syrup 30g
1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g	1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g	1 ea. Syrup 30g 1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g	1 ea. Syrup 30g 1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g	1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g

Week 1

Monday 10/16	Tuesday 10/17	Wednesday 10/18	Thursday 10/19	Friday 10/20
1 ea. Pancake Wrap 16g	1 ea. Pancake Wrap 16g	1 ea. Pancake Wrap 16g	NO SCHOOL	NO SCHOOL
3 oz. French Toast Sticks 28g	1 ea. Waffle Mini Maple 36g	4 oz. Cheese Grits 23g		
1 ea. Cereal 46g	1 ea. Cereal 46g	Turkey Sausage Patty 1 g		
1 ea. Fresh Fruit 15g	1 ea. Fresh Fruit 15g	1 ea. Cereal 46g		
1 ea. Juice 14g	1 ea. Juice 14g	1 ea. Fresh Fruit 15g		
1 ea. Syrup 30g	1 ea. Syrup 30g	1 ea. Juice 14g		
1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g	1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g	1 ea. Syrup 30g 1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g		

Week 2

Monday 10/23	Tuesday 10/24	Wednesday 10/25	Thursday 10/26	Friday 10/27
1 ea. Pancake Wrap 16g	1 ea. Pancake Wrap 16g	1 ea. Pancake Wrap 16g	1 ea. Pancake Wrap 16g	1 ea. Pancake Wrap 16g
3 oz. French Toast Sticks 28g	Funnel Cake Bar <ul style="list-style-type: none"> 1 ea. Dutch waffle 43g 4 oz. Strawberries 1oz. Whip Topping 7g 	4 oz. Cheese Grits 23g	1 ea. Assorted Muffins 31g	1 ea. Cheese Omelet 1g
1 ea. Cereal 46g	1 ea. Cereal 46g	2 ea. Bacon	1 ea. Dani Vanilla Yogurt 12g	1 ea. Hashbrown patty
1 ea. Fresh Fruit 15g	1 ea. Fresh Fruit 15g	1 ea. Cereal 46g	1 ea. Cereal 46g	1 ea. Cereal 46g
1 ea. Juice 14g	1 ea. Juice 14g	1 ea. Fresh Fruit 15g	1 ea. Fresh Fruit 15g	1 ea. Fresh Fruit 15g
1 ea. Syrup 30g	1 ea. Syrup 30g	1 ea. Juice 14g	1 ea. Juice 14g	1 ea. Juice 14g
1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g	1 ea. Syrup 30g 1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g	1 ea. Syrup 30g 1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g	1 ea. Syrup 30g 1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g	1 ea. Syrup 30g 1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g

Week 3

Monday 10/30	Tuesday 10/31	Wednesday 11/1	Thursday 11/2	Friday 11/3
1 ea. Pancake Wrap 16g	1 ea. Pancake Wrap 16g	1 ea. Pancake Wrap 16g	1 ea. Pancake Wrap 16g	1 ea. Pancake Wrap 16g
3 oz. French Toast Sticks 28g	1 ea. Blueberry Waffle 35g	4 oz. Cheese Grits 23g	1 ea. Assorted Muffins 31g	1 ea. Breakfast Pizza 31g
1 ea. Cereal 46g	1 ea. Cereal 46g	Country Fried Steak	1 ea. Dani Vanilla Yogurt 12g	1 ea. Cereal 46g
1 ea. Fresh Fruit 15g	1 ea. Fresh Fruit 15g	1 ea. Cereal 46g	1 ea. Cereal 46g	1 ea. Fresh Fruit 15g
1 ea. Juice 14g	1 ea. Juice 14g	1 ea. Fresh Fruit 15g	1 ea. Fresh Fruit 15g	1 ea. Juice 14g
1 ea. Syrup 30g	1 ea. Syrup 30g	1 ea. Juice 14g	1 ea. Juice 14g	1 ea. Syrup 30g
1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g	1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g	1 ea. Syrup 30g 1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g	1 ea. Syrup 30g 1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g	1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g

Elementary Lunch

Week 2

Monday 10/2	Tuesday 10/3	Wednesday 10/4	Thursday 10/5	Friday 10/6
8 oz. Bolognese 2g 2 cups Garden Salad Mix 10g 1 ea. Garlic Bread Stick 21g 1 ea. Fresh Whole Fruit 15g 4 oz. Peaches 14g 1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g 1 ea. Assorted Salad Dressing 6g	Quesadillas -Chicken -Cheese -Peppers & Onions - 1 ea. Salsa 5g - 1ea. Sour Cream 1g 4 oz. Steamed Corn 20g 1 ea. Fresh Whole Fruit 15g 4 oz. Strawberries 7g 4 oz. Mixed Fruit 14g 1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g	2 ea. Hot Dog 6 ea. Carrot Sticks 3g 6 ea. Celery Sticks 3g 10 ea. French Fries 18g 1 ea. Cookie 27g 1 ea. Fresh Whole Fruit 15g 4 oz. Blueberries 11g 4oz. Pears 15g 1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g 1 ea. Ketchup 2g	1 ea. BBQ pulled pork plate 4 oz. Mac & Cheese 4 oz. Baked Beans 12g 4 oz. Seasoned Cabbage 6g 1 ea. Fresh Whole Fruit 15g 4 oz. Grapes 20g 4 oz. Peaches 14g 1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g	3 oz. Thai Chili Popcorn Chicken 13g 4 oz. Steamed Broccoli 2g 1 ea. Spring Roll 4 oz. Vegetable Fried Rice 37g 1 ea. Fresh Whole Fruit 15g 4 oz. Blueberries 11g 1 ea. Cool Tropics 15g 1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g

National Lunch Week

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4oz. Power Up Pasta 1 oz. Fortnit Alfredo Sauce 4 oz. Marinara Sauce 3 oz. Chicken</p> <p>1 ea. Game Mode Garlic Bread Stick 21g</p> <p>4 oz. Multiplayer Mixed Vegetables</p> <p>1 ea. FOV Fresh Whole Fruit 15g</p> <p>4 oz. Packman Peaches 14g</p> <p>1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g</p> <p>1 ea. Assorted Salad Dressing 6g</p>	<p>Co-op Chipotle Bowls - 3oz. Chicken 2g -4 oz. Pinto Beans 1g -4 oz. Lettuce 3.1g -4 oz. Tomatoes 4.4g -1 oz. Guacamole 1g -1 oz. Queso - 1 ea. Salsa 5g - 1ea. Sour Cream 1g</p> <p>-4oz. Critical Hit Cilantro lime rice 21g</p> <p>4 oz. Super Mario Steamed Corn 20g</p> <p>1 ea. FOV Fresh Whole Fruit 15g</p> <p>4 oz. Star Wars Strawberries 7g</p> <p>4 oz. Mixed Fruit 14g</p> <p>1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g</p> <p>1 ea. Ketchup 2g 1 ea. Mayo 1 g 1 ea. Mustard 1g</p>	<p>Controller Chicken & Waffles</p> <p>3 ea. Call of Duty Carrot Sticks 3g</p> <p>3 ea. Console Celery Sticks 3g</p> <p>1 ea. FOV Fresh Whole Fruit 15g</p> <p>4 oz. Bonus Stage Blueberries 11g</p> <p>4 oz. PvE Pears 15g</p> <p>1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g</p> <p>1 ea. Ketchup pkt. 2g</p> <p>1 ea. Syrup</p>	<p>1 ea. CPU Cheeseburger on Brioche Bun 44g</p> <p>4 oz. Lettuce 3.1g 4 oz. Tomatoes 4.4g 2 oz. Pickles</p> <p>6 ea. Online Game Onion Rings 31g</p> <p>1 ea. FOV Fresh Whole Fruit 15g</p> <p>4 oz. Packman Peaches 14g</p> <p>4 oz. GG Grapes 20g</p> <p>1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g</p> <p>1 ea. Ketchup 2g 1 ea. Mayo 1 g 1 ea. Mustard 1g</p>	<p>1 ea. Mario Meatloaf</p> <p>4 oz. Baby Carrot Coins XP</p> <p>4 oz. Raid Rice 21g</p> <p>1 ea. FOV Fresh Whole Fruit 15g</p> <p>4 oz. Bonus Stage Blueberries 16g</p> <p>1 ea. Cool Tropics 15g</p> <p>1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g</p>

Week 1

Monday 10/16	Tuesday 10/17	Wednesday 10/18	Thursday 10/19	Friday 10/20
--------------	---------------	-----------------	----------------	--------------

5 ea. Cheese Bites 35g 1 cup Marinara Sauce 8g 2 cups Garden Salad 10g 4 oz. Green Beans 8g 1 ea. Fresh Whole Fruit 15g 4 oz. Peaches 14g 1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g 1 ea. Assorted Salad Dressing 6g	Taco Tuesday -2 oz. Ground beef 2g - 4oz. Black Beans 27g -4 oz. Lettuce 3.1g -4 oz. Tomatoes 4.4g - 1 oz. Guacamole 1g -1 oz. Cheese 1g - 1 ea. Salsa 5g - 1ea. Sour Cream 1g 4 oz. Cilantro Rice 21g 4 oz. Steamed Corn 20g 1 ea. Fresh Whole Fruit 15g 4 oz. Strawberries 7g 4 oz. Mixed Fruit 14g 1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g	1 slice. Pizza 34g 6 ea. Carrot Sticks 3g 6 ea. Celery Sticks 3g 10 ea. French Fries 18g 1 ea. Cookie 27g 1 ea. Fresh Whole Fruit 15g 4 oz. 4 oz. Blueberries 11g 4 oz. Pears 15g 1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g 1 ea. Ketchup pkt. 2g	NO SCHOOL	NO SCHOOL
--	--	---	-----------	-----------

Week 2

Monday 10/23	Tuesday 10/24	Wednesday 10/25	Thursday 10/26	Friday 10/27
--------------	---------------	-----------------	----------------	--------------

8 oz. Bolognese 2g 2 cups Garden Salad Mix 10g 1 ea. Garlic Bread Stick 21g 1 ea. Fresh Whole Fruit 15g 4 oz. Peaches 14g 1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g 1 ea. Assorted Salad Dressing 6g	Quesadillas -Chicken -Cheese -Peppers & Onions - 1 ea. Salsa 5g - 1ea. Sour Cream 1g 4 oz. Steamed Corn 20g 1 ea. Fresh Whole Fruit 15g 4 oz. Strawberries 7g 4 oz. Mixed Fruit 14g 1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g	2 ea. Hot Dog 6 ea. Carrot Sticks 3g 6 ea. Celery Sticks 3g 10 ea. French Fries 18g 1 ea. Cookie 27g 1 ea. Fresh Whole Fruit 15g 4 oz. Blueberries 11g 4oz. Pears 15g 1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g 1 ea. Ketchup 2g	1 ea. BBQ pulled pork plate 4 oz. Mac & Cheese 4 oz. Baked Beans 12g 4 oz. Seasoned Cabbage 6g 1 ea. Fresh Whole Fruit 15g 4 oz. Grapes 20g 4 oz. Peaches 14g 1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g	3 oz. Thai Chili Popcorn Chicken 13g 4 oz. Steamed Broccoli 2g 1 ea. Spring Roll 4 oz. Vegetable Fried Rice 37g 1 ea. Fresh Whole Fruit 15g 4 oz. Blueberries 11g 1 ea. Cool Tropics 15g 1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g
---	--	--	---	--

Week 3

Monday 10/30	Tuesday 10/31	Wednesday 11/1	Thursday 11/2	Friday 11/3
--------------	---------------	----------------	---------------	-------------

Pasta Bar 4oz. cooked Pasta 1 oz. Alfredo Sauce 4 oz. Marinara Sauce 3 oz. Chicken 1 ea. Garlic Bread Stick 21g 4 oz. Mixed Vegetables 1 ea. Fresh Whole Fruit 15g 4 oz. Peaches 14g 1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g 1 ea. Assorted Salad Dressing 6g	Chipotle Bowls - 3oz. Chicken 2g -4 oz. Pinto Beans 1g -4 oz. Lettuce 3.1g -4 oz. Tomatoes 4.4g -1 oz. Guacamole 1g -1 oz. Queso 1g - 1 ea. Salsa 5g - 1ea. Sour Cream 1g -4oz. Cilantro lime rice 21g 4 oz. Steamed Corn 20g 1 ea. Fresh Whole Fruit 15g 4 oz. Strawberries 7g 4 oz. Mixed Fruit 14g 1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g	3 ea. Chicken Tenders 9g 6 ea. Carrot Sticks 3g 6 ea. Celery Sticks 3g 10 ea. French Fries 18g 1 ea. Cookie 27g 1 ea. Fresh Whole Fruit 15g 4 oz. Blueberries 11g 4oz. Pears 15g 1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g 1 ea. Ketchup pkt. 2g	1 ea. Cheeseburger on Brioche Bun 44g 4 oz. Lettuce 3.1g 4 oz. Tomatoes 4.4g 2 oz. Pickles 6 ea. Onion Rings 31g 1 ea. Fresh Whole Fruit 15g 4 oz. Grapes 20g 4 oz. Peaches 14g 1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g 1 ea. Ketchup 2g 1 ea. Mayo 1 g 1 ea. Mustard 1g	1 ea. Meatloaf 4 oz. Baby Carrots 4 oz. WGR Rice 21g 1 ea. Fresh Whole Fruit 15g 4 oz. Blueberries 11g 1 ea. Cool Tropics 15g 1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g
--	--	--	--	--

***Menu is also for Heyward Career Center & CSI**

Week 2

Monday 10/2	Tuesday 10/3	Wednesday 10/4	Thursday 10/5	Friday 10/6
1 slice. Pizza 34g	1 ea. Crispy Chicken Sandwich 52g	1 slice. Pizza 34g	1 ea. Crispy Chicken Sandwich 52g	1 slice. Pizza 34g
8 oz. Bolognese	Quesadillas	2 ea. Hot Dog 27g	1 ea. BBQ pulled pork plate	3 oz. Popcorn Chicken 13g
2 cups Garden Salad Mix 10g	-Chicken	6 ea. Carrot Sticks 3g	4 oz. Mac & Cheese	4 oz. Steamed Broccoli 2g
1 ea. Garlic Bread Stick 21g	-Cheese	6 ea. Celery Sticks 3g	4 oz. Baked Beans 12g	1 ea. Spring Roll
1 ea. Fresh Whole Fruit 15g	-Peppers & Onions	10 ea. French Fries 18g	4 oz. Seasoned Cabbage 6g	4 oz. Vegetable Fried Rice 37g
4 oz. Peaches 14g	- 1 ea. Salsa 5g	1 ea. Cookie 27g	1 ea. Fresh Whole Fruit 15g	1 ea. Fresh Whole Fruit 15g
1% White Milk 13g	- 1ea. Sour Cream 1g	1 ea. Fresh Whole Fruit 15g	4 oz. Grapes	4 oz. Blueberries
FF Chocolate Milk 20g	4 oz. Steamed Corn 20g	4 oz. Blueberries 11g	4 oz. Peaches 14g	1 ea. Cool Tropics 15g
FF Strawberry Milk 19g	1 ea. Fresh Whole Fruit 15g	4 oz. Pears 15g	1% White Milk 13g	1% White Milk 13g
1 ea. Assorted Salad Dressing 6g	4 oz. Strawberries	1% White Milk 13g	FF Chocolate Milk 20g	FF Chocolate Milk 20g
	4 oz. Mixed Fruit 14g	FF Strawberry Milk 19g	FF Strawberry Milk 19g	FF Strawberry Milk 19g
	1% White Milk 13g	1 ea. Ketchup 2g	1 ea. Ketchup 2g	
	FF Chocolate Milk 20g	1 ea. Mayo 1 g	1 ea. Mayo 1 g	
	FF Strawberry Milk 19g	1 ea. Mustard 1g	1 ea. Mustard 1g	

Week 3

National Lunch Week

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 slice. Pokémon Pizza 34g</p> <p>4oz. Power Up Pasta</p> <p>1 oz. Fortnit Alfredo Sauce</p> <p>4 oz. Marinara Sauce</p> <p>3 oz. Chicken</p> <p>1 ea. Game Mode Garlic Bread Stick 21g</p> <p>4 oz. Multiplayer Mixed Vegetables</p> <p>1 ea. FOV Fresh Whole Fruit 15g</p> <p>4 oz. Packman Peaches 14g</p> <p>1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g</p> <p>1 ea. Assorted Salad Dressing 6g</p>	<p>1 ea. Combo Crispy Chicken Sandwich 52g</p> <p>Co-op Chipotle Bowls</p> <p>- 3oz. Chicken 2g</p> <p>-4 oz. Pinto Beans 1g</p> <p>-4 oz. Lettuce 3.1g</p> <p>-4 oz. Tomatoes 4.4g</p> <p>-1 oz. Guacamole 1g</p> <p>-1 oz. Queso</p> <p>- 1 ea. Salsa 5g</p> <p>- 1ea. Sour Cream 1g</p> <p>-4oz. Critical Hit Cilantro lime rice 21g</p> <p>4 oz. Super Mario Steamed Corn 20g</p> <p>1 ea. FOV Fresh Whole Fruit 15g</p> <p>4 oz. Star Wars Strawberries 7g</p> <p>4 oz. Mixed Fruit 14g</p> <p>1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g</p> <p>1 ea. Ketchup 2g</p> <p>1 ea. Mayo 1 g</p> <p>1 ea. Mustard 1g</p>	<p>1 slice. Pokémon Pizza 34g</p> <p>Controller Chicken & Waffles</p> <p>3 ea. Call of Duty Carrot Sticks 3g</p> <p>3 ea. Console Celery Sticks 3g</p> <p>1 ea. FOV Fresh Whole Fruit 15g</p> <p>4 oz. Bonus Stage Blueberries 11g</p> <p>4 oz. PvE Pears 15g</p> <p>1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g</p> <p>1 ea. Ketchup pkt. 2g</p> <p>1 ea. Syrup</p>	<p>1 ea. Combo Crispy Chicken Sandwich 52g</p> <p>1 ea. CPU Cheeseburger on Brioche Bun 44g</p> <p>4 oz. Lettuce 3.1g</p> <p>4 oz. Tomatoes 4.4g</p> <p>2 oz. Pickles</p> <p>6 ea. Online Game Onion Rings 31g</p> <p>1 ea. FOV Fresh Whole Fruit 15g</p> <p>4 oz. Packman Peaches 14g</p> <p>4 oz. GG Grapes 20g</p> <p>1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g</p> <p>1 ea. Ketchup 2g</p> <p>1 ea. Mayo 1 g</p> <p>1 ea. Mustard 1g</p>	<p>1 slice. Pokémon Pizza 34g</p> <p>1 ea. Mario Meatloaf</p> <p>4 oz. Baby Carrot Coins XP</p> <p>4 oz. Raid Rice 21g</p> <p>1 ea. FOV Fresh Whole Fruit 15g</p> <p>4 oz. Bonus Stage Blueberries 16g</p> <p>1 ea. Cool Tropics 15g</p> <p>1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g</p>

Week 1

Monday 10/16	Tuesday 10/17	Wednesday 10/18	Thursday 10/19	Friday 10/20
1 slice. Pizza 34g 5 ea. Cheese Bites 35g 1 cup Marinara Sauce 8g 2 cups Garden Salad 10g 4 oz. Green Beans 8g 1 ea. Fresh Whole Fruit 15g 4 oz. Peaches 14g 1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g 1 ea. Assorted Salad Dressing 6g	1 ea. Crispy Chicken Sandwich 52g Taco Tuesday -2 oz. Ground beef 2g - 4oz. Black Beans 27g -4 oz. Lettuce 3.1g -4 oz. Tomatoes 4.4g - 1 oz. Guacamole 1g -1 oz. Cheese 1g - 1 ea. Salsa 5g - 1ea. Sour Cream 1g 4 oz. Cilantro Rice 21g 4 oz. Steamed Corn 20g 1 ea. Fresh Whole Fruit 15g 4 oz. Strawberries 7g 4 oz. Mixed Fruit 14g 1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g 1 ea. Ketchup 2g 1 ea. Mayo 1 g 1 ea. Mustard 1g	1 slice. Pizza 34g 5 ea. Wings Wednesday 5g 6 ea. Carrot Sticks 3g 6 ea. Celery Sticks 3g 10 ea. French Fries 18g 1 ea. Cookie 27g 1 ea. Fresh Whole Fruit 15g 4 oz. Blueberries 11g 4 oz. Pears 15g 1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g 1 ea. Ketchup pkt. 2g 1 ea. Ranch cup 2g	NO SCHOOL	NO SCHOOL

Week 2

Monday 10/23	Tuesday 10/24	Wednesday 10/25	Thursday 10/26	Friday 10/27
1 slice. Pizza 34g	1 ea. Crispy Chicken Sandwich 52g	1 slice. Pizza 34g	1 ea. Crispy Chicken Sandwich 52g	1 slice. Pizza 34g
8 oz. Bolognese	Quesadillas	2 ea. Hot Dog 27g	1 ea. BBQ pulled pork plate	3 oz. Popcorn Chicken 13g
2 cups Garden Salad Mix 10g	-Chicken -Cheese -Peppers & Onions	6 ea. Carrot Sticks 3g	4 oz. Mac & Cheese	4 oz. Steamed Broccoli 2g
1 ea. Garlic Bread Stick 21g	- 1 ea. Salsa 5g - 1ea. Sour Cream 1g	6 ea. Celery Sticks 3g	4 oz. Baked Beans 12g	1 ea. Spring Roll
1 ea. Fresh Whole Fruit 15g	4 oz. Steamed Corn 20g	10 ea. French Fries 18g	4 oz. Seasoned Cabbage 6g	4 oz. Vegetable Fried Rice 37g
4 oz. Peaches 14g	1 ea. Fresh Whole Fruit 15g	1 ea. Cookie 27g	1 ea. Fresh Whole Fruit 15g	1 ea. Fresh Whole Fruit 15g
1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g	4 oz. Strawberries	1 ea. Fresh Whole Fruit 15g	4 oz. Grapes	4 oz. Blueberries
1 ea. Assorted Salad Dressing 6g	4 oz. Mixed Fruit 14g	4 oz. Blueberries 11g	4 oz. Peaches 14g	1 ea. Cool Tropics 15g
	1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g	4 oz. Pears 15g	1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g	1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g
	1 ea. Ketchup 2g 1 ea. Mayo 1 g 1 ea. Mustard 1g	1 ea. Ketchup pkt. 2g	1 ea. Ketchup 2g 1 ea. Mayo 1 g 1 ea. Mustard 1g	

Week 3

Monday 10/30	Tuesday 10/31	Wednesday 11/1	Thursday 11/2	Friday 11/3
1 slice. Pizza 34g 4oz. cooked Pasta 1 oz. Alfredo Sauce 4 oz. Marinara Sauce 3 oz. Chicken 1 ea. Garlic Bread Stick 21g 4 oz. Mixed Vegetables 1 ea. Fresh Whole Fruit 15g 4 oz. Peaches 14g 1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g 1 ea. Assorted Salad Dressing 6g	1 ea. Crispy Chicken Sandwich 52g Chipotle Bowls - 3oz. Chicken 2g -4 oz. Pinto Beans 1g -4 oz. Lettuce 3.1g -4 oz. Tomatoes 4.4g -1 oz. Guacamole 1g -1 oz. Queso - 1 ea. Salsa 5g - 1ea. Sour Cream 1g -4oz. Cilantro lime rice 21g 4 oz. Steamed Corn 20g 1 ea. Fresh Whole Fruit 15g 4 oz. Strawberries 7g 4 oz. Mixed Fruit 14g 1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g 1 ea. Ketchup 2g 1 ea. Mayo 1 g 1 ea. Mustard 1g	1 slice. Pizza 34g 3ea. Chicken Tenders 9g 3 ea. Carrot Sticks 3g 3 ea. Celery Sticks 3g 3 oz. French Fries 18g 1 ea. Cookie 27g 1 ea. Fresh Whole Fruit 15g 4 oz. Blueberries 11g 4 oz. Pears 15g 1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g 1 ea. Ketchup pkt. 2g	1 ea. Crispy Chicken Sandwich 52g 1 ea. Cheeseburger on Brioche Bun 44g 4 oz. Lettuce 3.1g 4 oz. Tomatoes 4.4g 2 oz. Pickles 6 ea. Onion Rings 31g 1 ea. Fresh Whole Fruit 15g 4 oz. Peaches 14g 4 oz. Grapes 20g 1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g 1 ea. Ketchup 2g 1 ea. Mayo 1 g 1 ea. Mustard 1g	1 slice. Pizza 34g 1 ea. Meatloaf 4 oz. Baby Carrots 4 oz. WGR Rice 21g 1 ea. Fresh Whole Fruit 15g 4 oz. Fresh Blueberries 16g 1 ea. Cool Tropics 15g 1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g

Week 2

Monday 10/2	Tuesday 10/3	Wednesday 10/4	Thursday 10/5	Friday 10/6
1 slice. Pizza 34g	1 ea. Crispy Chicken Sandwich 52g	1 slice. Pizza 34g	1 ea. Crispy Chicken Sandwich 52g	1 slice. Pizza 34g
8 oz. Bolognese	Quesadillas	2 ea. Hot Dog 27g	1 ea. BBQ pulled pork plate	3 oz. Popcorn Chicken 13g
2 cups Garden Salad Mix 10g	-Chicken -Cheese -Peppers & Onions	6 ea. Carrot Sticks 3g	4 oz. Mac & Cheese	4 oz. Steamed Broccoli 2g
1 ea. Garlic Bread Stick 21g	- 1 ea. Salsa 5g - 1ea. Sour Cream 1g	6 ea. Celery Sticks 3g	4 oz. Baked Beans 12g	1 ea. Spring Roll
1 ea. Fresh Whole Fruit 15g	4 oz. Steamed Corn 20g	10 ea. French Fries 18g	4 oz. Seasoned Cabbage 6g	4 oz. Vegetable Fried Rice 37g
4 oz. Peaches 14g	1 ea. Fresh Whole Fruit 15g	1 ea. Cookie 27g	1 ea. Fresh Whole Fruit 15g	1 ea. Fresh Whole Fruit 15g
1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g	4 oz. Strawberries 4 oz. Mixed Fruit 14g	1 ea. Fresh Whole Fruit 15g 4 oz. Blueberries 11g	4 oz. Grapes 4 oz. Peaches 14g	4 oz. Blueberries 1 ea. Cool Tropics 15g
1 ea. Assorted Salad Dressing 6g	1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g	4 oz. Pears 15g	1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g	1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g
	1 ea. Ketchup 2g 1 ea. Mayo 1 g 1 ea. Mustard 1g	1 ea. Ketchup pkt. 2g 1 pkt. Mustard 1g	1 ea. Ketchup 2g 1 ea. Mayo 1 g 1 ea. Mustard 1g	

Week 3

National Lunch Week

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 slice. Pokémon Pizza 34g</p> <p>4oz. Power Up Pasta</p> <p>1 oz. Fortnit Alfredo Sauce</p> <p>4 oz. Marinara Sauce</p> <p>3 oz. Chicken</p> <p>1 ea. Game Mode Garlic Bread Stick 21g</p> <p>4 oz. Multiplayer Mixed Vegetables</p> <p>1 ea. FOV Fresh Whole Fruit 15g</p> <p>4 oz. Packman Peaches 14g</p> <p>1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g</p> <p>1 ea. Assorted Salad Dressing 6g</p>	<p>1 ea. Combo Crispy Chicken Sandwich 52g</p> <p>Co-op Chipotle Bowls</p> <p>- 3oz. Chicken 2g</p> <p>-4 oz. Pinto Beans 1g</p> <p>-4 oz. Lettuce 3.1g</p> <p>-4 oz. Tomatoes 4.4g</p> <p>-1 oz. Guacamole 1g</p> <p>-1 oz. Queso</p> <p>- 1 ea. Salsa 5g</p> <p>- 1ea. Sour Cream 1g</p> <p>-4oz. Critical Hit Cilantro lime rice 21g</p> <p>4 oz. Super Mario Steamed Corn 20g</p> <p>1 ea. FOV Fresh Whole Fruit 15g</p> <p>4 oz. Star Wars Strawberries 7g</p> <p>4 oz. Mixed Fruit 14g</p> <p>1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g</p> <p>1 ea. Ketchup 2g</p> <p>1 ea. Mayo 1 g</p> <p>1 ea. Mustard 1g</p>	<p>1 slice. Pokémon Pizza 34g</p> <p>Controller Chicken & Waffles</p> <p>3 ea. Call of Duty Carrot Sticks 3g</p> <p>3 ea. Console Celery Sticks 3g</p> <p>1 ea. FOV Fresh Whole Fruit 15g</p> <p>4 oz. Bonus Stage Blueberries 11g</p> <p>4 oz. PvE Pears 15g</p> <p>1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g</p> <p>1 ea. Ketchup pkt. 2g</p> <p>1 ea. Syrup</p>	<p>1 ea. Combo Crispy Chicken Sandwich 52g</p> <p>1 ea. CPU Cheeseburger on Brioche Bun 44g</p> <p>4 oz. Lettuce 3.1g</p> <p>4 oz. Tomatoes 4.4g</p> <p>2 oz. Pickles</p> <p>6 ea. Online Game Onion Rings 31g</p> <p>1 ea. FOV Fresh Whole Fruit 15g</p> <p>4 oz. Packman Peaches 14g</p> <p>4 oz. GG Grapes 20g</p> <p>1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g</p> <p>1 ea. Ketchup 2g</p> <p>1 ea. Mayo 1 g</p> <p>1 ea. Mustard 1g</p>	<p>1 slice. Pokémon Pizza 34g</p> <p>1 ea. Mario Meatloaf</p> <p>4 oz. Baby Carrot Coins XP</p> <p>4 oz. Raid Rice 21g</p> <p>1 ea. FOV Fresh Whole Fruit 15g</p> <p>4 oz. Bonus Stage Blueberries 16g</p> <p>1 ea. Cool Tropics 15g</p> <p>1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g</p>

Week 1

Monday 10/16	Tuesday 10/17	Wednesday 10/18	Thursday 10/19	Friday 10/20
1 slice. Pizza 34g 5 ea. Cheese Bites 35g 1 cup Marinara Sauce 8g 2 cups Garden Salad 10g 4 oz. Green Beans 8g 1 ea. Fresh Whole Fruit 15g 4 oz. Peaches 14g 1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g 1 ea. Assorted Salad Dressing 6g	1 ea. Crispy Chicken Sandwich 52g Taco Tuesday -2 oz. Ground beef 2g - 4oz. Black Beans 27g -4 oz. Lettuce 3.1g -4 oz. Tomatoes 4.4g - 1 oz. Guacamole 1g -1 oz. Cheese 1g - 1 ea. Salsa 5g - 1ea. Sour Cream 1g 4 oz. Cilantro Rice 21g 4 oz. Steamed Corn 20g 1 ea. Fresh Whole Fruit 15g 4 oz. Strawberries 7g 4 oz. Mixed Fruit 14g 1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g 1 ea. Ketchup 2g 1 ea. Mayo 1 g 1 ea. Mustard 1g	1 slice. Pizza 34g 5 ea. Wings Wednesday 5g 6 ea. Carrot Sticks 3g 6 ea. Celery Sticks 3g 10 ea. French Fries 18g 1 ea. Cookie 27g 1 ea. Fresh Whole Fruit 15g 4 oz. Blueberries 11g 4 oz. Pears 15g 1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g 1 ea. Ketchup pkt. 2g 1 ea. Ranch cup 2g	NO SCHOOL	NO SCHOOL

Week 2

Monday 10/23	Tuesday 10/24	Wednesday 10/25	Thursday 10/26	Friday 10/27
1 slice. Pizza 34g	1 ea. Crispy Chicken Sandwich 52g	1 slice. Pizza 34g	1 ea. Crispy Chicken Sandwich 52g	1 slice. Pizza 34g
8 oz. Bolognese	Quesadillas	2 ea. Hot Dog 27g	1 ea. BBQ pulled pork plate	3 oz. Popcorn Chicken 13g
2 cups Garden Salad Mix 10g	-Chicken -Cheese -Peppers & Onions	6 ea. Carrot Sticks 3g	4 oz. Mac & Cheese	4 oz. Steamed Broccoli 2g
1 ea. Garlic Bread Stick 21g	- 1 ea. Salsa 5g - 1ea. Sour Cream 1g	6 ea. Celery Sticks 3g	4 oz. Baked Beans 12g	1 ea. Spring Roll
1 ea. Fresh Whole Fruit 15g	4 oz. Steamed Corn 20g	10 ea. French Fries 18g	4 oz. Seasoned Cabbage 6g	4 oz. Vegetable Fried Rice 37g
4 oz. Peaches 14g	1 ea. Fresh Whole Fruit 15g	1 ea. Cookie 27g	1 ea. Fresh Whole Fruit 15g	1 ea. Fresh Whole Fruit 15g
1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g	4 oz. Strawberries	1 ea. Fresh Whole Fruit 15g	4 oz. Grapes	4 oz. Blueberries
1 ea. Assorted Salad Dressing 6g	4 oz. Mixed Fruit 14g	4 oz. Blueberries 11g	4 oz. Peaches 14g	1 ea. Cool Tropics 15g
	1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g	4 oz. Pears 15g	1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g	1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g
	1 ea. Ketchup 2g 1 ea. Mayo 1 g 1 ea. Mustard 1g	1 ea. Ketchup pkt. 2g 1 pkt. Mustard 1g	1 ea. Ketchup 2g 1 ea. Mayo 1 g 1 ea. Mustard 1g	

Week 3

Monday 10/30	Tuesday 10/31	Wednesday 11/1	Thursday 11/2	Friday 11/3
1 slice. Pizza 34g	1 ea. Crispy Chicken Sandwich 52g	1 slice. Pizza 34g	1 ea. Crispy Chicken Sandwich 52g	1 slice. Pizza 34g
4oz. cooked Pasta 1 oz. Alfredo Sauce 4 oz. Marinara Sauce 3 oz. Chicken	Chipotle Bowls - 3oz. Chicken 2g -4 oz. Pinto Beans 1g -4 oz. Lettuce 3.1g -4 oz. Tomatoes 4.4g -1 oz. Guacamole 1g -1 oz. Queso - 1 ea. Salsa 5g - 1ea. Sour Cream 1g	3ea. Chicken Tenders 9g	1 ea. Cheeseburger on Brioche Bun 44g	1 ea. Meatloaf
1 ea. Garlic Bread Stick 21g		3 ea. Carrot Sticks 3g	4 oz. Lettuce 3.1g 4 oz. Tomatoes 4.4g 2 oz. Pickles	4 oz. Baby Carrots
4 oz. Mixed Vegetables		3 ea. Celery Sticks 3g	6 ea. Onion Rings 31g	4 oz. WGR Rice 21g
1 ea. Fresh Whole Fruit 15g		3 oz. French Fries 18g	1 ea. Fresh Whole Fruit 15g	1 ea. Fresh Whole Fruit 15g
4 oz. Peaches 14g	-4oz. Cilantro lime rice 21g	1 ea. Cookie 27g	4 oz. Peaches 14g	4 oz. Fresh Blueberries 16g
1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g	4 oz. Steamed Corn 20g	1 ea. Fresh Whole Fruit 15g	4 oz. Grapes 20g	1 ea. Cool Tropics 15g
	1 ea. Fresh Whole Fruit 15g	4 oz. Blueberries 11g	1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g	1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g
1 ea. Assorted Salad Dressing 6g	4 oz. Strawberries 7g	4 oz. Pears 15g	1 ea. Ketchup 2g 1 ea. Mayo 1 g 1 ea. Mustard 1g	
	4 oz. Mixed Fruit 14g	1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g		
	1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g	1 ea. Ketchup pkt. 2g		
	1 ea. Ketchup 2g 1 ea. Mayo 1 g 1 ea. Mustard 1g			

*High School Milk (Plastic bottles):
Milk FF Chocolate TruMoo
Milk FF Strawberry TruMoo
Milk 1% LF PET

Salad Bar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Chef Salad Bar</p> <p>1 oz. Turkey Ham 1 oz. Shredded Cheese 1g 1 oz. Hard Boiled Egg 1g 1 oz. Diced Turkey 1g 4 each Pickles 2 cups Garden Salad Mix 10g 2 oz. Cucumbers 2g 1 oz. Banana Peppers 1g 3 ea. Grape Tomatoes 3g 2 oz. Garbanzo Beans 6g 1 oz. Croutons 18g</p> <p>Assorted Chips</p> <p>1 ea. Turkey & Cheese Sandwich 42g</p> <p>1 ea. Fresh Whole Fruit 15g</p> <p>4 oz. Peaches 14g</p> <p>1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g</p> <p>1 ea. Assorted Salad Dressing 6g</p>	<p>Chef Salad Bar</p> <p>1 oz. Turkey Ham 1 oz. Shredded Cheese 1g 1 oz. Hard Boiled Egg 1g 1 oz. Diced Turkey 1g 4 each Pickles 2 cups Garden Salad Mix 10g 2 oz. Cucumbers 2g 1 oz. Banana Peppers 1g 3 ea. Grape Tomatoes 3g 2 oz. Garbanzo Beans 6g 1 oz. Croutons 18g</p> <p>Assorted Chips</p> <p>1 ea. Soy Butter & Grape Jelly Sandwich 53g</p> <p>1 ea. Fresh Whole Fruit 15g</p> <p>4 oz. Strawberries 7g</p> <p>4 oz. Mixed Fruit 14g</p> <p>1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g</p> <p>1 ea. Assorted Salad Dressing 6g</p>	<p>Chef Salad Bar</p> <p>1 oz. Turkey Ham 1 oz. Shredded Cheese 1g 1 oz. Hard Boiled Egg 1g 1 oz. Diced Turkey 1g 4 each Pickles 2 cups Garden Salad Mix 10g 2 oz. Cucumbers 2g 1 oz. Banana Peppers 1g 3 ea. Grape Tomatoes 3g 2 oz. Garbanzo Beans 6g 1 oz. Croutons 18g</p> <p>Assorted Chips</p> <p>1 ea. Ultimate Combo Sub 32g</p> <p>1 ea. Fresh Whole Fruit 15g</p> <p>4 oz. Blueberries 11g</p> <p>4 oz. Pears 15g</p> <p>1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g</p> <p>1 ea. Assorted Salad Dressing 6g</p>	<p>Chef Salad Bar</p> <p>1 oz. Turkey Ham 1 oz. Shredded Cheese 1g 1 oz. Hard Boiled Egg 1g 1 oz. Diced Turkey 1g 4 each Pickles 2 cups Garden Salad Mix 10g 2 oz. Cucumbers 2g 1 oz. Banana Peppers 1g 3 ea. Grape Tomatoes 3g 2 oz. Garbanzo Beans 6g 1 oz. Croutons 18g</p> <p>Assorted Chips</p> <p>1 ea. Soy Butter & Grape Jelly Sandwich 53g</p> <p>1 ea. Fresh Whole Fruit 15g</p> <p>4 oz. Grapes 20g</p> <p>4 oz. Peaches 14g</p> <p>1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g</p> <p>1 ea. Assorted Salad Dressing 6g</p>	<p>Chef Salad Bar</p> <p>1 oz. Turkey Ham 1 oz. Shredded Cheese 1g 1 oz. Hard Boiled Egg 1g 1 oz. Diced Turkey 1g 4 each Pickles 2 cups Garden Salad Mix 10g 2 oz. Cucumbers 2g 1 oz. Banana Peppers 1g 3 ea. Grape Tomatoes 3g 2 oz. Garbanzo Beans 6g 1 oz. Croutons 18g</p> <p>Assorted Chips</p> <p>1 ea. Turkey Ham & Cheese Sandwich 40g</p> <p>1 ea. Fresh Whole Fruit 15g</p> <p>4 oz. Fresh Blueberries 11g</p> <p>1 ea. Cool Tropics 15g</p> <p>1% White Milk 13g FF Chocolate Milk 20g FF Strawberry Milk 19g</p> <p>1 ea. Assorted Salad Dressing 6g</p>

Elementary Chips: WGR Goldfish, Pretzel Goldfish, Tortilla Scoops, Cheeze- It (18g)

Middle & High School Chips: Cool Ranch Doritos, Nacho Doritos, Harvest Cheddar, Cheetos (21g)

SNACK

Week 2

Monday 10/2	Tuesday 10/3	Wednesday 10/4	Thursday 10/5	Friday 10/6
1 ea. Chex Chocolate Caramel 7g 1ea. Assorted Fresh Fruit 14g	1 ea. Mozzarella String Cheese 1 ea. Assorted 6 oz. Juice	1 ea. Assorted Muffins 31g 1 ea. Assorted Fresh Fruit 14g	1 ea. Strawberry Banana Yogurt 12g 1 ea. Cinnamon Graham Crackers 21g	1 ea. Honey Graham Cracker 21g 1 ea. Fat Free Chocolate Pudding 6g

Week 3

Monday 10/9	Tuesday 10/10	Wednesday 10/11	Thursday 10/12	Friday 10/13
1 ea. Cheddar Cheese Stick 1ea. Assorted Fresh Fruit 14g	1 ea. Kellogg Cinnamon Bun Snack 37g 1 ea. Assorted Fresh Fruit 14g	1 ea. Cheddar Chex Mix 7g 1 ea. Assorted 6 oz. Juice	1 ea. Banana Bread 45g 1 ea. Assorted Fresh Fruit 14g	1 ea. WGR Goldfish 14g 1 ea. Assorted Fresh Fruit 14g

Week 1

Monday 10/16	Tuesday 10/17	Wednesday 10/18	Thursday 10/19	Friday 10/20
1 ea. Cinnamon Graham Crackers 21g 1ea. Assorted Fresh Fruit 14g	1 ea. Dani Strawberry Yogurt 12g 1 ea. Chocolate Graham Bears 21g	1 ea. Pretzel Goldfish 16g 1 ea. 100% apple Juice 13g	NO SCHOOL	NO SCHOOL

Week 2

Monday 10/23	Tuesday 10/24	Wednesday 10/25	Thursday 10/26	Friday 10/27
1 ea. Chex Chocolate Caramel 7g 1ea. Assorted Fresh Fruit 14g	1 ea. Mozzarella String Cheese 1 ea. Assorted 6 oz. Juice	1 ea. Assorted Muffins 31g 1 ea. Assorted Fresh Fruit 14g	1 ea. Strawberry Banana Yogurt 12g 1 ea. Cinnamon Graham Crackers 21g	1 ea. Honey Graham Cracker 21g 1 ea. Fat Free Chocolate Pudding 6g

Week 3

Monday 10/30	Tuesday 10/31	Wednesday 11/1	Thursday 11/2	Friday 11/3
1 ea. Cheddar Cheese Stick	1 ea. Kellogg Cinnamon Bun Snack 37g	1 ea. Cheddar Chex Mix 7g	1 ea. Banana Bread 45g	1 ea. WGR Goldfish 14g
1ea. Assorted Fresh Fruit 14g	1 ea. Assorted Fresh Fruit 14g	1 ea. Assorted 6 oz. Juice	1 ea. Assorted Fresh Fruit 14g	1 ea. Assorted Fresh Fruit 14g

Week 2

Monday 10/2	Tuesday 10/3	Wednesday 10/4	Thursday 10/5	Friday 10/6
3 oz. Baked Chicken Tenders 35g	1 ea. Pork Rib Sub 37g	1 ea. Turkey Ham & Cheese Sandwich 40g	1 ea. Colby Cheese Omelet 1g	2 ea. Cheesy Hot Dogs 46g
6 oz. Steamed Broccoli 2g	4 oz. Carrots	4 oz. Cucumber & Tomato Salad 10g	13 pc. Roasted Potatoes 17g	9 ea. Tater Tots 16g
3 oz. Sweet Potato Fries 25g	1 ea. Corn on the Cob	Tomatoes	4 oz. Buttered Grits 18g	4 oz. Seasoned Sweet Peas 12g
1 ea. Assorted Juice 15g	4 oz. Mandarin Oranges	Pickles	1 ea. Biscuit 29g	1 ea. Assorted Fresh Fruit 14g
		1 ea. Assorted Juice 15g	1 ea. Assorted Fresh Fruit 14g	
		1 ea. Ranch Dressing 1g		

Week 3

Monday 10/9	Tuesday 10/10	Wednesday 10/11	Thursday 10/12	Friday 10/13
1 ea. Grilled Cheese Sandwich 31g	10 pc. Baked Popcorn Chicken 12g	Salisbury Steak w/ Brown Gravy 8g	1 ea. Turkey & Cheese Sandwich 40g	1 ea. Pepperoni Pizza 33g
3 ea. Celery Sticks 3g	2 oz. Baked Beans 12g	4 oz. Seasoned Green beans	2 cups Garden Salad Mix 10g	3 oz. Baked Potato Fries 18g
3 ea. Carrot Sticks 3g	4 oz. Seasoned Collard Greens 8g	4 oz. Garlic Mashed Potatoes 53g	1 ea. Assorted Juice 15g	4 oz. Broccoli
1 ea. Assorted Juice 15g	1 ea. Breadstick 21g	1 ea. Cornbread loaf Mini 28g	1 ea. Assorted Chips 20g	1 ea. Assorted Fresh Fruit
1 ea. Ranch Dressing 1g	4 oz. Mandarin Oranges 16g	1 ea. Assorted Fresh Fruit 14g	1 ea. Honey Dijon Dressing	1 ea. Ranch Dressing 1g
			1 ea. Ranch Dressing 1g	

Week 1

Monday 10/16	Tuesday 10/17	Wednesday 10/18	Thursday 10/19	Friday 10/20
1 ea. WGR Cheese Pizza 34g Spinach & Tomato Salad 1 ea. Assorted Juice 15g 1ea. Ranch Dressing 1g	1 ea. Meatloaf 8g 4 oz. Seasoned Pinto Beans 1g 4 oz. Seasoned Green Beans 1 ea. Cornbread mini 28g 4 oz. Mandarin Oranges	3 oz. Orange Chicken 13g 4 oz. Broccoli 4 oz. WGR Rice 21g 1 ea. Assorted Fresh Fruit 14g	NO SCHOOL	NO SCHOOL

Week 2

Monday 10/23	Tuesday 10/24	Wednesday 10/25	Thursday 10/26	Friday 10/27
3 oz. Baked Chicken Tenders 35g 6 oz. Steamed Broccoli 2g 3 oz. Sweet Potato Fries 25g 1 ea. Assorted Juice 15g	1 ea. Pork Rib Sub 37g 4 oz. Carrots 1 ea. Corn on the Cob 4 oz. Mandarin Oranges	1 ea. Turkey Ham & Cheese Sandwich 40g 4 oz. Cucumber & Tomato Salad 10g Tomatoes Pickles 1 ea. Assorted Juice 15g 1 ea. Ranch Dressing 1g	1 ea. Colby Cheese Omelet 1g 13 pc. Roasted Potatoes 17g 4 oz. Buttered Grits 18g 1 ea. Biscuit 29g 1 ea. Assorted Fresh Fruit 14g	2 ea. Cheesy Hot Dogs 46g 9 ea. Tater Tots 16g 4 oz. Seasoned Sweet Peas 12g 1 ea. Assorted Fresh Fruit 14g

Week 3

Monday 10/30	Tuesday 10/31	Wednesday 11/1	Thursday 11/2	Friday 11/3
1 ea. Grilled Cheese Sandwich 31g	10 pc. Baked Popcorn Chicken 12g	Salisbury Steak w/ Brown Gravy 8g	1 ea. Turkey & Cheese Sandwich 40g	1 ea. Pepperoni Pizza 33g
3 ea. Celery Sticks 3g	2 oz. Baked Beans 12g	4 oz. Seasoned Green beans	2 cups Garden Salad Mix 10g	3 oz. Baked Potato Fries 18g
3 ea. Carrot Sticks 3g	4 oz. Seasoned Collard Greens 8g	4 oz. Garlic Mashed Potatoes 53g	1 ea. Assorted Juice 15g	4 oz. Broccoli
1 ea. Assorted Juice 15g	1 ea. Breadstick 21g	1 ea. Cornbread loaf Mini 28g	1 ea. Assorted Chips 20g	1 ea. Assorted Fresh Fruit
1 ea. Ranch Dressing 1g	4 oz. Mandarin Oranges 16g	1 ea. Assorted Fresh Fruit 14g	1 ea. Honey Dijon Dressing	1 ea. Ranch Dressing 1g
			1 ea. Ranch Dressing 1g	

Bagged Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 ea. Turkey & Cheese Sandwich 42g	1 ea. Soy Butter & Grape Jelly Sandwich 53g	1 ea. Ultimate Combo Sub 32g	1 ea. Soy Butter & Grape Jelly Sandwich 53g	1 ea. Turkey Ham & Cheese Sandwich 40g
Optional: 1 ea. Assorted chips	Optional: 1 ea. Assorted chips	Optional: 1 ea. Assorted chips	Optional: 1 ea. Assorted chips	Optional: 1 ea. Assorted chips
3 ea. Carrot Sticks 3g	3 ea. Celery Sticks 3g	½ Cup Grape Tomatoes 4g	3 ea. Carrot Sticks 3g	1 ea. Cool Tropics 15g
1 ea. Assorted Fresh Fruit 15g	1 ea. Assorted Fresh Fruit 15g	1 ea. Assorted Fresh Fruit 15g	1 ea. Assorted Fresh Fruit 15g	1 ea. Assorted Fresh Fruit 15g
1 ea. Assorted Milk	1 ea. Assorted Milk	1 ea. Assorted Milk	1 ea. Assorted Milk	1 ea. Assorted Milk

Optional Assorted Chips:

Goldfish Pretzels

Goldfish Cheddar

Tortilla Scoops

Cheeze its

Assorted Milks

1% White Milk 13g

FF Chocolate Milk 20g

FF Strawberry Milk 29g