| October 2022 Stark County Junior High/High School Menu |
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| **3 Monday**  WG Cereal, WG French Toast Ticks, Syrup, Juice  **WG Roll, WG Fish Sticks, Pepperoni Panini, Salad, Deli Sandwich or Yogurt Meal,** Baked Beans, Rosy Applesauce, Fresh Fruit and Veggies | **4 Tuesday**  WG Cereal, WG Bagel, Cream Chees**e,** Fruit, Juice  **WG Bun, Pulled Pork, Salad, Deli Sandwich or Yogurt Meal,** Potato Wedges with Queso Blanco Cheese, Peaches, Fresh Fruit and Veggies | **5 Wednesday**  WG Cereal, Cinnamon Roll, Fruit, Juice  **WG Roll, Chicken Alfredo Dinner, Strawberry Smoothie, Deli Sandwich, Salad or Yogurt Meal** Romaine, Mixed Fruit, Fresh Fruit and Veggies | **6 Thursday**  Yogurt, WG Muffin, WG Cereal, Fruit, Juice  **WG Chicken and Waffles, Salad, Chicken or Cheese Quesadilla, Deli Sandwich or Yogurt Meal,** Green Beans, Pineapple, Fresh Fruit and Veggies | **7 Friday**  WG Cereal, WG Breakfast Bar, Fruit, Juice  **WG Cheese Bites, Deli Sandwich, Salad or Yogurt Meal,** Marinara Sauce, Romaine, Pears, Fresh Fruit and Veggies, WG Cookie |
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| **10 Monday**  WG Cereal, WG Poptart, Fruit, Juice  **WG Corn Dog, Pepperoni Panini, Deli Sandwich, Salad or Yogurt Meal,** Peas, Cinnamon Applesauce, Fresh Fruit and Veggies | **11 Tuesday**  WG Cereal, WG Waffle, Syrup, Fruit, Juice  **WG Roll, Chicken Teriyaki Bites, Salad, Deli Sandwich or Yogurt Meal,** WG Chicken Rice, Broccoli w/Cheese, Mandarin Oranges, Fresh Fruit and Veggies | **12 Wednesday**  WG Cereal, WG Honey Bun, Fruit, Juice  **Rebel Nachos (WG Chips, Taco Meat, Queso Blanco Cheese) Strawberry Smoothie, Salad, Deli Sandwich or Yogurt Meal,** Refried Beans, Salsa, Pears, Fresh Fruit and Veggies | **13 Thursday**  WG Cereal, WG Muffin, Fruit, Juice  **WG Roll Mostaccioli Dinner, Cheese or Chicken Quesadilla, Salad, Deli Sandwich or Yogurt Meal,** Romaine, Peaches, Fresh Fruit and Veggies | **14 Friday**  WG Cereal, Biscuit, Sausage and Gravy, Fruit, Juice  **WG Pizza, Deli Sandwich, Salad or Yogurt Meal,** Green Beans, Mixed Fruit, Fresh Fruit and Veggies, Jello w/Cool Whip |
| **17 Monday**  WG Cereal, WG Pancake on a Stick, Syrup, Fruit, Juice  **WG Bosco Sticks and Ravioli, Pepperoni Panini, Deli Sandwich, Salad or Yogurt Meal,** Corn, Mandarin Oranges, Fresh Fruit and Veggies | **18 Tuesday**  WG Cereal. WG Donut, Fruit, Juice  **WG Bun, Tenderloin, Salad, Deli Sandwich or Yogurt Meal,** Oven Potatoes, Sweet Potato Fries, Rosy Applesauce, Fresh Fruit and Veggies | **19 Wednesday**  WG Cereal, WG English Muffin, Fruit, Juice  **Chili, Toasted Cheese, Crackers, Strawberry Smoothie, Deli Sandwich, Salad or Yogurt Meal,** Carrots, Pears, Fresh Fruit and Veggies | **20 Thursday**  WG Cereal, WG Breakfast Bar, Fruit, Juice  **WG Multi Cheese Garlic Bread, Chicken or Cheese Quesadilla, Salad, Deli Sandwich or Yogurt Meal,** Green Beans, Mixed Fruit, Fresh Fruit and Veggies, Marinara Sauce, Sidekick | **21 Friday**  **No School** |
| **24  *Monday***  WG Cereal, WG French Toast Sticks, Syrup, Fruit, Juice  **WG Bun, BBQ Rib, Strawberry Smoothie, Deli Sandwich, Salad or Yogurt Meal,** Baked Beans, Cinnamon Applesauce, Fresh Fruit and Veggies | **25  *Tuesday***  WG Bagel, Cream Cheese, WG Cereal, Fruit, Juice  ***WG* Bun, Hot Dog or Chili Dog, Salad, Deli Sandwich or Yogurt Meal,** Oven Potatoes, Peaches, Fresh Fruit and Veggies | **26 Wednesday**  WG Breakfast Pizza, WG Cereal, Fruit, Juice  **Early out at 11:00**  **Take home lunch**  **WG PB & J, WG Chips, Fresh Fruit and Veggies** | **27 Thursday**  WG Cereal, WG Poptart, Fruit, Juice  **WG Toasted Cheese, Chicken Noodle Soup, Crackers, Chicken or Cheese Quesadilla, Salad, Deli Sandwich or Yogurt Meal,** Lettuce, Pears, Fresh Fruit and Veggies | **28 Friday**  Biscuit, Sausage and Gravy, WG Cereal, Fruit, Juice  **WG Chili Crispitos, Salad, Deli Sandwich or Yogurt Meal** WG Chips, Salsa, Romaine, Tropical Fruit, Fresh Fruit and Veggies, Ice Cream Cup |
| **31 Monday**  WG Donut, WG Cereal, Fruit, Juice  **WG Roll, WG Chicken Nuggets, Pepperoni Panini, Deli Sandwich, Salad or Yogurt Meal,** Mashed Potatoes w/Gravy, Corn, Rosy Applesauce, Fresh Fruit and Veggies | National Do Something Nice Day is October 5th  **National Smile Day is October 7th,**  **World Animal Day is October 15th**  **National Chocolate Day is October 27th** | **#ALLIN**  **Stark County District 100 is home of Pride and Excellence** | Breakfast is offer vs serve you must pick 3 of 4 items offered and 1 must be ½ cup of fruit.  Lunch is also offer vs serve and you must pick 3 of 5 items offered and 1 must be a ½ cup of fruit or vegetable. | **Menu is Subject to Change.**  **Mashed Potatoes contain sulfates and can cause allergic reactions.**  **1% White and Chocolate Milk are offered at all Meals.** |
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