



OCTOBER DINNER MENU

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The School District does not discriminate based on race, color, religion, sex, gender identity, sexual orientation, national origin, age, disability, and genetic information employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE



Fresh Eats
.....CAFETERIA



* Menus are subject to Change

Monday

10/6
HAM & CHEESE DELI
SANDWICH ON A
WGR BUN

10/13
NO
PROGRAM

10/20
HAM & CHEESE DELI
SANDWICH ON A
WGR BUN

10/27
HAM & CHEESE DELI
SANDWICH ON A
WGR BUN

Tuesday

10/7
TURKEY & CHEESE DELI
SANDWICH ON A WGR BUN

10/14
TURKEY & CHEESE DELI
SANDWICH ON A WGR BUN

10/21
TURKEY & CHEESE
DELI SANDWICH ON A
WGR BUN

10/28
TURKEY & CHEESE DELI
SANDWICH ON A WGR BUN

Wednesday

10/1
ITALIAN HOAGIE ON A
WGR BUN

10/8
ITALIAN HOAGIE ON A
WGR BUN

10/15
ITALIAN HOAGIE ON A
WGR BUN

10/22
ITALIAN HOAGIE ON A
WGR BUN

10/29
ITALIAN HOAGIE ON A
WGR BUN

Thursday

10/2
HAM & CHEESE DELI
SANDWICH ON A
WGR BUN

10/9
HAM & CHEESE DELI
SANDWICH ON A
WGR BUN

10/16
HAM & CHEESE DELI
SANDWICH ON A
WGR BUN

10/23
HAM & CHEESE DELI
SANDWICH ON A
WGR BUN

10/30
HAM & CHEESE DELI
SANDWICH ON A
WGR BUN

Friday

10/3
PEANUT BUTTER & JELLY
SANDWICH ON
WGR BREAD
CHEESE STICK

10/10
PEANUT BUTTER & JELLY
SANDWICH ON
WGR BREAD
CHEESE STICK

10/17
PEANUT BUTTER & JELLY
SANDWICH ON
WGR BREAD
CHEESE STICK

10/24
PEANUT BUTTER & JELLY
SANDWICH ON
WGR BREAD
CHEESE STICK

10/31
NO PROGRAM

OTHER DAILY OFFERINGS

1% WHITE MILK OR FAT FREE CHCOLATE MILK SERVED DAILY

1/2 CUP VEGETABLES & 1/2 CUP OR WHOLE FRUIT OFFERED
DAILY

2 GRAINS & 2 PROTEINS OFFERED DAILY

MONDAYS— APPLESAUCE & CARROT STICKS THURSDAYS—APPLE & BELL PEPPER

TUESDAYS—CRAISINS & CUCUMBER SLICES FRIDAYS—RAISINS & FRESH BROCCOLI

WEDNESDAYS—BANANAS & CELERY STICKS