

This institution is an  
equal opportunity  
provider. Menus are  
subject to change.

# MENUS FOR OCTOBER 2023

## AVAILABLE DAILY

**Breakfast:** WG Pop-Tart, Variety of WG Cereal, WG Tiger/Bug Bite WG Crackers, Fruit, Fruit Juice, Choice of Milk

**Lunch:** The "Munchbox" includes a variety of proteins and cheese with a serving of whole grain. Students may add fruits & vegetables to complement the meal w/ a choice of milk.

Si es necesario que esta  
información sea traducida  
en su idioma, por favor de  
comunicarse con la escuela  
de su hijo.



## BUG LOVER.

Bat species account for more than 20% of all mammals on earth! And guess what they love to eat? BUGS!! A single little brown bat can eat up to 600 creepy mosquitoes and other flying insects in just an hour!



## ANIMAL APPETITES

## NO BONES ABOUT IT.



Touch the tip of your nose – that's what bones feel like without calcium. Bones that don't get enough calcium are weaker and more likely to break. Good sources of calcium include milk, yogurt, cheese, and calcium-fortified cereal and orange juice.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.  
**WELLNESS IS A WAY OF LIFE!**

**Monday, October 2**

### Breakfast

Mini Biscuit w/ Chicken  
**OR WG Breakfast Bun**

### Lunch

**BBQ Pork Sandwich**  
Green Beans,  
Baked Sweet Potato,  
Side Salad  
Apple Juice,  
Peach Cup

**Or Beef Hot Dog  
OR Munchbox Power Pack**

**Tuesday, October**

### Breakfast

Sausage Biscuit  
**OR WG Donut Holes**

### Lunch

**Beef Nachos**  
Fresh Veggie Dippers,  
Lettuce & Diced Tomato,  
Corn, Cheese Cup,  
Fruit Punch Juice,  
Blueberries W/Whipped Topping

**OR Ham & Cheese Sandwich  
OR Munchbox All American**

**Wednesday, October 4**

### Breakfast

WG Brakfast Pizza  
**OR WG Funfetti Cinnamon Roll,**

### Lunch

**Popcorn Chicken w/Roll**  
Creamed Potatoes, Gravy,  
Broccoli,  
Lettuce & Sliced Tomato,  
Orange Juice,  
Banana

**Or Griller Hamburger  
OR Munchbox Power Pack**

**Thursday, October 5**

### Breakfast

Cheesy WG Toast w/ Bacon  
**OR WG Breakfast Bun**

### Lunch

**Cheese Pizza Bagel Bites**  
Fresh Veggie Dippers,  
Blackeyed Peas,  
Cucumber Slices,  
Apple Juice,  
Fresh Seasonal Fruit

**OR Turkey & Cheese Sandwich  
OR Munchbox Italiano**

**Friday, October 6**

### Breakfast

Biscuit w/ Gravy  
**OR WG Pancake Pup**

### Lunch

**Cheesy Mac & Frank  
w/ Garlic Toast**  
Corn, Baby Carrots,  
Side Salad  
Grape Juice,  
Pears

**Or Pepperoni Pizza  
OR Munchbox Power Pack**

**Monday, October 9**

### Breakfast

Mini Biscuits w/ Chicken  
**OR WG Breakfast Bun**

### Lunch

**Chicken Sandwich**  
Black-Eyed Peas,  
Seasoned Wedges,  
Cole Slaw  
Apple Juice,  
Strawberry Cup

**Or Beef Hot Dog  
OR Munchbox Power Pack**

**Tuesday, October 10**

### Breakfast

Sausage Biscuit  
**OR WG Breakfast Pizza**

### Lunch

**Chicken Fajita  
Nachos w/ Cheese Sauce**  
Corn, Fresh Veggie Dippers,  
Lettuce & Diced Tomatoes,  
Fruit Punch Juice,  
Fresh Apple Slices

**OR Ham & Cheese Sandwich,  
OR Munchbox All American**

**Wednesday, October 11**

### Breakfast

Biscuit w/Egg **OR**  
WG Bagel w/Strawberry Cream  
Cheese

### Lunch

**Chicken Nuggets  
w/ WG Waffle**  
Creamed Potatoes, Gravy  
Broccoli,  
Lettuce & Sliced Tomatoes  
Orange Juice, Banana

**Or Griller Hamburger  
OR Munchbox Power Pack**

**Thursday, October 12**

### Breakfast

Cheesy WG Toast w/ Bacon  
**OR WG Breakfast Bun**

### Lunch

**Cheezy Twiz Stick w/  
Marinara Sauce**  
Green Beans,  
Red & Green Pepper Strips,  
Side Salad, Apple Juice,  
Fresh Seasonal Fruit

**OR Turkey & Cheese Sandwich  
OR Munchbox Italiano**

**Friday, October 13**

### Breakfast

Biscuit w/ Gravy  
**OR WG Waffle**

### Lunch

**Fish Sticks w/  
Mac & Cheese**  
Corn, Baby Carrots,  
Side Salad,  
Grape Juice,  
Peaches

**Or Sausage Pizza  
OR Munchbox Power Pack**

**LEVEL  
UP!**  
WITH SCHOOL LUNCH  
OCTOBER 9-13 | #NSLW23



**Monday, October 16**

**Breakfast**

Mini Biscuit w/ Chicken  
**OR** WG Breakfast Bun

**Lunch**

**Italian Bird Dog**

Green Beans,  
Potato Tots,  
Cole Slaw  
Apple Juice,  
Peach Cup

Or Beef Hot Dog  
OR Munchbox Power Pack

**Tuesday, October 17**

**Breakfast**

Sausage Biscuit  
**OR** WG Donut Holes

**Lunch**

Spaghetti w/ Meatsauce  
& WG Garlic Breadstick,  
Baked Sweet Potato, Corn,  
Fresh Veggie Dippers,  
Fruit Punch Juice,  
Blueberries w/ Whipped Topping

OR Ham & Cheese Sandwich  
OR Munchbox All American

**Wednesday, October 18**

**Breakfast**

WG Breakfast Pizza  
**OR** WG Funfetti Cinnamon Roll,

**Lunch**

**Popcorn Chicken w/Roll**

Baked Beans,  
Creamed Potatoes, Gravy,  
Broccoli,  
Orange Juice,  
Banana

Or Griller Hamburger  
OR Munchbox Power Pack

**Thursday, October 19**

**Breakfast**

Cheesy WG Toast w/ Bacon  
**OR** WG Breakfast Bun

**Lunch**

**Chicken Alfredo  
w/Garlic Toast**

Green Peas,  
Side Salad,  
Carrot Coins,  
Apple Juice,  
Fresh Seasonal Fruit  
**OR** Turkey & Cheese  
Sandwich  
**OR** Munchbox Italiano

**Friday, October 20**

**Breakfast**

Biscuit w/ Gravy  
**Or** WG Pancake Pup

**Lunch**

**Cheesy Mac & Frank  
w/ Garlic Toast**

Corn, Side Salad,  
Fresh Veggie Dippers,  
Grape Juice,  
Pears

Or Pepperoni Pizza  
OR Munchbox Power Pack

**Monday, October 23**

**Breakfast**

Mini Biscuits w/ Chicken  
**OR** WG Breakfast Bun

**Lunch**

**Chicken Sandwich**

Baked Beans,  
French Fries,  
Corn  
Apple Juice,  
Strawberry Cup

Or Beef Hot Dog  
OR Munchbox Power Pack

**Tuesday, October 24**

**Breakfast**

Sausage Biscuit  
**OR** WG Breakfast Pizza

**Lunch**

**Beef Taco W/ Cheese Cup,**

Green Beans  
Baked Sweet Potato,  
Cucumber Slices,  
Fruit Punch Juice,  
Fresh Apple Slices

OR Ham & Cheese Sandwich  
OR Munchbox All American

**Wednesday, October 25**

**Breakfast**

Biscuit w/Egg **OR**  
WG Bagel w/Strawberry Cream  
Cheese

**Lunch**

**Chicken Nuggets  
w/ WG Waffle**

Creamed Potatoes, Gravy  
Broccoli,  
Lettuce & Sliced Tomatoes  
Orange Juice,  
Banana

Or Griller Hamburger  
OR Munchbox Power Pack

**Thursday, October 26**

**Breakfast**

Cheesy WG Toast w/ Bacon  
**OR** WG Breakfast Bun

**Lunch**

**Chili w/Tortilla Chips**

Fresh Veggie Dippers,  
Baked Potato,  
Lettuce & Diced Tomato,  
Cheese Cup,  
Apple Juice,  
Fresh Seasonal Fruit  
**OR** Turkey & Cheese Sandwich  
**OR** Munchbox Italiano

**Friday, October 27**

**Breakfast**

Biscuit w/ Gravy  
**OR** WG Waffle

**Lunch**

**Fish Sticks w/  
Mac & Cheese &  
Garlic Toast**

Corn, Fresh Veggie Dippers,  
Side Salad  
Grape Juice, Peaches

Or Cheese Pizza  
OR Munchbox Power Pack

**Monday, October 30**

**Breakfast**

Mini Biscuit w/ Chicken  
**OR** WG Breakfast Bun

**Lunch**

**BBQ Pork Sandwich**

Green Beans,  
Baked Sweet Potato,  
Side Salad  
Apple Juice,  
Peach Cup

Or Beef Hot Dog  
OR Munchbox Power Pack

**Monday, October 31**

**Breakfast**

Sausage Biscuit  
**OR** WG Donut Holes

**Lunch**

**Beef Nachos**

Fresh Veggie Dippers,  
Lettuce & Diced Tomato,  
Corn, Cheese Cup,  
Fruit Punch Juice,  
Blueberries W/Whipped  
Topping

OR Ham & Cheese Sandwich  
OR Munchbox All American

**YOU NEVER KNOW WHAT YOU  
MIGHT RUN INTO OUT THERE!**



**STAY ALERT & BE SAFE!**



**What's on  
YOUR  
plate?**



**Q:**

**Besides carving, what else  
can you POSSIBLY do with  
a pumpkin?!**



**A:** PLENTY! When the colonists first came to North America, they found Native Americans making mats out of pumpkin strips, using pumpkin as medicine, and also roasting strips and seeds for food. The colonists learned to slice the tops off pumpkins, fill them with milk, spices, and honey and bake them directly in hot ashes. That was the origin of Pumpkin Pie!



Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

**BEAUTIFUL  
SWIMMER**

The scientific name for the Chesapeake Bay Blue Crab translates to "beautiful swimmer." Maybe. But their eating habits are hardly pretty. They'll eat just about anything that they can get their claws on – including plants, worms, crustaceans, algae, and any dead stuff they can find in the water!

**ANIMAL APPETITES**

