

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>October 1 Chicken Patty on WG Bun Reg./Spicy American Cheese Steak Sandwich Sweet Potato Fries =1/2 cup Rosy Applesauce -1/2 cup</p>	<p>WG Pretzels (6) w/Nacho Cheese *Brat on WG Bun Baked Beans-1/2 cup Pears- ½ cup</p>	<p>WG Chicken Penne w/WG Garlic Toast BBQ Rib on WG Bun Broccoli – ½ cup Peaches- ½ cup</p>	<p>Ling's General TSO With Fried (Brown)Rice (recipe) Fish Sandwich On WG Bun-1 Green Beans- 1/2 cup California Blend Mandarin Oranges – ½ cup</p>	<p>WG Bosco Stick-1 Manager's Choice Corn-1/2 cup Mixed Fruit - ½ cup 100% Fruit Juice -1</p>
<p>October 8 Chicken Waffle Bites-10 W/WG Waffle -1 Sloppy Joe on WG Bun French Fries-3/4 cup Mixed Fruit- ½ cup</p>	<p>WG Smothered Burrito Chicken Philly on WG Roll Refried Beans Romaine Side Salad -1 cup Corn– ½ cup Applesauce - ½ cup Salsa- 2 oz./Sour Cream</p>	<p>Italian Meat Ball Sub on WG Bun WG French Bread Pizza-1 Marinara Sauce-2 oz. Cheesy Broccoli-1/2 cup Peaches-1/2 cup</p>	<p>Not Fried Brown Rice w/ WG Chicken Egg Roll Hot Dog on WG Bun Peas and Carrots-1/2 cup Mandarin Oranger-1/2 cup</p>	<p>BD WG Pizza Manager's Choice Carrots - 1/2 cup Mixed Fruit-1/2c</p>
<p>October 15 WG Chicken Tenders-4 Spicy/Reg. Beef Stroganoff 2/3 c. WG Egg Noodles-1/2 c. WG Dinner Roll Broccoli =1/2 cup Pears- ½ cup</p>	<p>WG Chicken & Cheese Enchilada Southwest Philly on WG Bun Shredded Romaine Lettuce -1 cup Salsa- 2 oz./Sour Cream Black Bean Fiesta- ½ cup Mixed Fruit- ½ cup</p>			
<p>October 22 WG Chicken Smackers -10 WG Dinner Roll -1 oz. *Pulled Pork on WG Bun Cheesy Broccoli-1/2 cup Pineapple Tidbits- ½ cup</p>	<p>Walking Taco Corn Dog Refried Beans-1/2 cup Golden Corn-1/2 cup Shredded Romaine Lettuce Salsa Mixed Fruit-/12 cup</p>	<p>WG Pizza Buffalo Pizza Beef & Cheese Philly on WG Bun Green Beans -1/2 cup Pears -1/2 cup</p>	<p>Orange Chicken w/ Not Fried Brown Rice-1/2 cup *Pork Chop on WG Bun Mixed Vegetables-1/2 cup Mandarin Oranges-/12 cup</p>	<p>Fish Filet on WG Bun Manager's Choice (2 Gr.) Spinach -1/2 cup Cooked Carrots-1/2c. Rosy Applesauce- ½ cup .</p>
<p>October 22 Chicken Patty on WG Bun Reg./Spicy American Cheese Steak On WG Bun Sweet Potato Fries =1/2 cup Rosy Applesauce -1/2 cup</p>	<p>WG Pretzels (6) w/Nacho Cheese *Brat on WG Bun Baked Beans-1/2 cup Pears- ½ cup</p>	<p>Chicken Penne w/Garlic Toast BBQ Rib on WG Bun Broccoli – ½ cup Peaches- ½ cup</p>		

Students may take 2 of one vegetable or 2 different vegetables to equal 1 cup. 8 oz. nonfat and low fat flavored & unflavored milk is served with all meals.
 Offered Daily: Chef Salad, PBJ Sandwich, Cheese Sandwich, and Yogurt, Cheese, Cracker Grab –n- Go, Veggie Packs

Menu Subject to Change