



October 2024

Breakfast and Lunch Meals
Free for All Students

MON	TUE	WED	THU	FRI
30 Chicken and gravy on a WG biscuit Mashed potatoes Orange glazed carrots Pineapple tidbits	1 WG chicken patty on a wheat bun Baked tater tots Lettuce and tomato slices Sliced peaches	2 Hot dog on a wheat bun Baked beans Celery sticks with ranch dip Applesauce cup	3 WG cheese lasagna rollup Garlic breadstick Steamed green beans Mixed fruit	4 WG French bread pizza Steamed broccoli Tossed garden salad Sidekick frozen juice cup
7 Cheeseburger or hamburger on a wheat bun Oven baked fries Lettuce and tomato slices Diced peaches	8 <u>National Pierogi Day</u> Potato and cheese pierogies Wheat dinner roll California vegetable blend Pineapple tidbits	9 WG rotini with meat sauce Wheat breadstick Seasoned peas Romaine salad with roasted chick peas Diced pears	10 <u>Great Apple Crunch Day</u> WG mini turkey corndog nuggets Crinkle cut fries Warm baked apple crisp	11 Mickey's red pizza slice Mixed vegetables Fresh baby carrots with ranch dip Petite banana
14 NO SCHOOL 	15 Walking beef taco with shredded lettuce, cheese and salsa Corn Fresh apple slices	16 Sloppy joe on a wheat bun Baked tater tots Cucumber slices Pineapple tidbits	17 WG chicken tenders Wheat dinner roll Potatoes that smile Mandarin oranges	18 WG round pizza Orange glazed carrots Tossed garden salad Sidekick frozen juice cup
21 <u>Wildcat Bowl</u> WG popcorn chicken topped with mashed potatoes, corn, cheddar cheese and gravy Wheat dinner roll Apple slices	22 Cheesesteak hoagie Sweet potato puffs Fresh broccoli tops with ranch dip Mixed fruit	23 <u>Brunch for Lunch</u> WG French toast sticks with syrup Sausage patty Hash brown triangle Cinnamon applesauce cup	24 Toasted cheese on WG white bread Tomato soup with saltine crackers Marianated black bean salad Diced pears	25 WG stuffed crust pizza slice Steamed green beans Romaine salad Fresh orange quarters
28 Macaroni and cheese with WG goldfish crackers Steamed broccoli Stewed tomatoes Mixed berry cup	29 WG chicken nuggets with dipping sauce Wheat dinner roll Potatoes that smile Mandarin oranges	30 Ham and cheese on a wheat pretzel roll Baked beans Fresh baby carrots with ranch dip Mixed fruit	31 <u>Early Dismissal</u> Cheesy Pull-Aparts with marinara sauce cup Tossed garden salad Fruitable juice box WG pumpkin sugar cookie	

- Second Lunch Cost: \$3.00
- Milk Only Cost: \$0.50
- Adult Meal Cost: \$4.75

Daily Lunch Offerings from the Deli:

- Smucker's PBJ uncrustable with string cheese
- Turkey Sandwich on WG white bread
- Fruited Yogurt served with Graham Crackers
- EZ Jammers (peanut free) Uncrustables

What Makes a Lunch Meal?

You must choose at least 3 of 5 components offered for the school lunch meal:

- Meat/Meat Alternate Choice
- Vegetable Choice
- Fruit Choice
- Grain/Bread Choice
- Milk Choice - 1% white, Fat Free white or chocolate

Students must choose at least 1/2 cup of fruit or vegetable daily at lunch for a reimbursable meal.

Menu subject to change due to food supply issues

Food Service Director: Maria Liptak, RD
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Nutrition Tip of the Month

Make this Halloween an opportunity to teach your child to enjoy special treats in moderation as part of an overall healthy diet.