


**Breakfast and Lunch Meals  
Free for All Students**

MON	TUE	WED	THU	FRI
3 Doritos walking taco with lettuce, cheese, salsa and sour cream Brown rice Paradise punch juice box Fresh apple slices	4 <b>Wildcat Bowl</b> WG popcorn chicken topped with mashed potatoes, corn, gravy and cheese Wheat dinner roll Mandarin oranges	5 WG rotini with meatballs and a garlic breadstick Green beans Tossed garden salad Pineapple tidbits	6 WG mini turkey corndog nuggets Crinkle cut fries Celery sticks with ranch dip Diced pears WG chocolate chip cookie	7 <b>National Wear Red Day</b> WG Big Daddy four cheese pizza Mixed vegetables Romaine salad Strawberry applesauce cup
10 BBQ pork riblet on a wheat bun Vegetarian baked beans Fresh baby carrots with ranch dip Mixed fruit	11 WG Hot-N-Spicy chicken patty on a wheat bun Baked tator tots Lettuce and tomato slices Sliced peaches	12 <b>Brunch for Lunch</b> WG French toast sticks with syrup Sausage patty Hash brown triangle Fresh apple slices Orange pineapple juice	13 Macaroni and cheese Wheat breadstick Steamed broccoli Stewed tomatoes Strawberry cup	14 <b>Early Dismissal</b> WG stuffed crust pizza slice Green beans Paradise punch juice box Sidekick frozen juice cup
17 <b>NO SCHOOL</b> 	18 Cheesesteak wrap Sweet potato puffs Fresh broccoli tops with ranch dip Mixed fruit	19 WG potato and cheese pierogies Wheat breadstick Orange glazed carrots Romaine salad Applesauce cup	20 WG chicken tenders Wheat dinner roll Hash brown patty Marinated black bean salad Mandarin oranges	21 WG French bread pizza California vegetable blend Tossed garden salad Petite banana
24 Cheeseburger or hamburger on a wheat bun Oven baked fries Lettuce and tomato slices Craisins	25 WG chicken nuggets Wheat dinner roll Potatoes that smile Cucumber slices Pineapple tidbits	26 Hot dog on a wheat bun Vegetarian baked beans Fresh baby carrots with ranch dip Orange quarters	27 Tomato soup with saltine crackers Toasted cheese sandwich on WG white bread Tossed garden salad Diced peaches	28 WG Mickey's red pizza slice Steamed broccoli Celery sticks with hummus Sliced pears

- ♦ Second Lunch Cost: \$3.75
- ♦ Milk Only Cost: \$0.50
- ♦ Adult Meal Cost: \$4.75

Daily Lunch Offerings from the Deli:  
PBJ Sandwich on WG White Bread  
Wildcat Hoagie  
Fruited Yogurt served with Graham Crackers

Daily Offering:  
WG Chicken Patty on a Wheat Bun

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. \*\*

**\*Menu subject to change due to food supply issues\***

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**Nutrition Tip Of The Month**

National Wear Red Day is a day when many people wear red to show their support of heart disease.