

SEPTEMBER/OCTOBER -2022

SCHOOL LUNCH MENU

Day 1	Day 2	Day 3	Day 4	Day 5
FRUIT OF THE DAY FRUIT CUP	FRUIT OF TH DAY FRESH BANANA	FRUIT OF THE DAY PINEAPPLE TIBETS	FRUIT OF THE DAY FRESH WHOLE APPLE	FRUIT OF THE DAY MANDARIN ORANGES
Monday 09/12/2022	Tuesday 09/13/22	Wednesday 09/14/22	Thursday 09/15/22	Friday 09/16/22
Beef Hot Dogs WGR Buns Vegetarian Baked Beans Fruit 1 cup Variety Milk 8oz	Chicken Tenders/Nuggets WGR Breading Potato Wedge Fruit 1 cup Variety Milk 8oz.	Swedish Meatballs Mashed Potato Steamed Corn Fruit 1 cup Variety Milk	Teriyaki Glazed Chicken Breast WGR Brown Rice Green Peas Fruit 1 cup Variety Milk	Cheese Pizza WGR Crust Fresh Baby Carrots w/Ranch Fruit 1 cup Variety Milk
Monday 09/19/2022	Tuesday 09/20/22	Wednesday 09/21/22	Thursday 09/22/22	Friday 09/23/22
Grilled Chicken Breast WGR Bun Potato Wedges Fruit 1 cup Variety Milk 8oz	Jamaican Beef Patty WGR Brown Rice w/ Red Kidney Beans Fruit 1 cup Variety Milk 8oz	Baked Ziti w/Beef WGR Penne Pasta Peas and Carrots Fruit 1 cup Variety Milk	Turkey & Cheese Sub WGR Hoagie, Tortilla Chips Green Shred Lettuce Fruit 1 cup Variety Milk	Cheese Pizza WGR Crust Fresh Baby Carrots w/Ranch Fruit 1 cup Variety Milk 8oz
Monday 09/26/2022	Tuesday 09/27/22	Wednesday 09/28/22	Thursday 09/29/22	Friday 09/30/22
NO SCHOOL	Meatballs with Marinara WGR Pasta Steamed Corn Fruit 1 cup Variety Milk 8oz	Barbecued Chicken Breast WGR Brown Rice Green Beans Fruit 1 cup Variety Milk 8oz	Turkey & Cheese Sub WGR Hoagie, Tortilla Chips Green Shred Lettuce Fruit 1 cup Variety Milk 8oz	Cheese Pizza WGR Crust Fresh Baby Carrots w/Ranch Fruit 1 cup Variety Milk
Monday 10/03/2022	Tuesday 10/04/22	Wednesday 10/05/22	Thursday 10/06/22	Friday 10/07/22
Hamburger WGR Bun Sweet Potato Wedges Fruit 1 cup Variety Milk 8oz	Oven Fried Chicken (WGR)Macaroni & Cheese Vegetable Blend Fruit 1 cup Variety Milk 8oz	NO SCHOOL	Salisbury Steak w/Gravy Mashed Potato Steamed Corn Fruit 1 cup Variety Milk	Cheese Pizza WGR Crust Fresh Baby Carrots w/Ranch Fruit 1 cup Variety Milk