

100% Fruit Juice, Fruit, and milk are offered as part of the menu every day.

Monday	Tuesday	Wednesday	Thursday	Friday
1 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items	2 Yogurt Explosion WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items	3 WGR Breakfast Cereal Frosted Cinnamon Roll Breakfast Bar Choose 2 of the Above Items	4 WGR Breakfast Cereal Mini Donuts Yogurt String Cheese Choose 2 of the Above Items	5 Staff Development Day- No School 
8 Native American Day- No School	9 Yogurt Explosion WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items	10 WGR Breakfast Cereal Carmel Roll Breakfast Bar Choose 2 of the Above Items	11 Breakfast Banana Split WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items	12 WGR Breakfast Cereal Mini Donuts Yogurt String Cheese Choose 2 of the Above Items
15 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items	16 Yogurt Explosion WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items	17 WGR Breakfast Cereal Frosted Cinnamon Roll Breakfast Bar Choose 2 of the Above Items	18 Breakfast Banana Split WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items	19 WGR Breakfast Cereal Mini Donuts Yogurt String Cheese Choose 2 of the Above Items
22 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items	23 Yogurt Explosion WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items	24 WGR Breakfast Cereal Frosted Cinnamon Roll Breakfast Bar Choose 2 of the Above Items	25 Breakfast Banana Split WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items	26 WGR Breakfast Cereal Mini Donuts Yogurt String Cheese Choose 2 of the Above Items
29 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items	30 Yogurt Explosion WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items	31 WGR Breakfast Cereal Frosted Cinnamon Roll Breakfast Bar Choose 2 of the Above Items	November 1 WGR Breakfast Cereal Mini Donuts Yogurt String Cheese Choose 2 of the Above Items	November 2 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items

100% Fruit Juice: Apple, Orange, Grape, Dragon Punch, Cranberry, & Mango Wango.

Muffin Choices: Blueberry, Chocolate, or Banana

(WGR) Assorted Whole Grain Cereals: Froot Loops, Rice Krispy, Cocoa Puffs, Cheerios, Lucky Charms, or Cinnamon Toast Crunch.

WGR Bread Items: Cinnamon Toast Crisps, Backpack Snacks, Gripz, Graham Snacks, Etc.

Yogurt Explosion: A serving of vanilla or strawberry yogurt served with variety of toppings (fruit, granola, etc.)

Breakfast Banana Split: 1 banana topped with vanilla or strawberry yogurt and variety of toppings (fruit, honey, cinnamon)

\*Strawberry/Vanilla Yogurt topped with granola (topping optional)

# High School Breakfast

Line 2

October 2018




Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">1</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Assorted Bagels w/ Cream Cheese Spreads</p> <p>Served with yogurt, fruit and 100% juice</p>	<p style="text-align: right;">2</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Assorted Bagels w/ Cream Cheese Spreads</p> <p>Served with yogurt, fruit and 100% juice.</p>	<p style="text-align: right;">3</p> <p>Mini Maple Pancake Wraps OR Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with choice of yogurt or WGR Item, Fruit, and 100% Juice</p>	<p style="text-align: right;">4</p> <p>Egg &amp; Cheese Slider OR Sausage &amp; Cheese Slider OR Bacon Scramble Pizza or Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>	<p style="text-align: right;">5</p> <p><b>Staff Development Day- No School</b></p> <div style="text-align: center;">  </div>
<p style="text-align: right;">8</p> <p><b>Native American Day- No School</b></p>	<p style="text-align: right;">9</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Golden Eagle Waffles W/ Sausage Links OR Egg, Cheese, &amp; Turkey Sausage Burrito</p> <p>Served with choice of yogurt or WGR Item, Fruit, and 100% Juice</p>	<p style="text-align: right;">10</p> <p>Egg &amp; Cheese Slider OR Sausage &amp; Cheese Slider OR Bacon Scramble Pizza or Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>	<p style="text-align: right;">11</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR French Toast Sticks w/ Sausage Links</p> <p>Served with yogurt, fruit, &amp; 100% juice.</p>	<p style="text-align: right;">12</p> <p>Breakfast Sausage Pizza OR Bacon Scramble Pizza OR Mini Donuts</p> <p>Served with yogurt, fruit and 100% juice.</p>
<p style="text-align: right;">15</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Assorted Bagels w/ Cream Cheese Spreads</p> <p>Served with yogurt, fruit and 100% juice</p>	<p style="text-align: right;">16</p> <p>Mini Maple Pancake Wraps OR Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with choice of yogurt or WGR Item, Fruit, and 100% Juice</p>	<p style="text-align: right;">17</p> <p>Egg &amp; Cheese Slider OR Sausage &amp; Cheese Slider OR Bacon Scramble Pizza or Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>	<p style="text-align: right;">18</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR French Toast Sticks w/ Sausage Links</p> <p>Served with yogurt, fruit, &amp; 100% juice.</p>	<p style="text-align: right;">19</p> <p>Cheddar Cheese Omelet OR Mini Maple Pancakes OR Breakfast Sausage Pizza OR Bacon Scramble Pizza</p> <p>Served with yogurt, fruit and 100% juice.</p>
<p style="text-align: right;">22</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Assorted Bagels w/ Cream Cheese Spreads</p> <p>Served with yogurt, fruit and 100% juice</p>	<p style="text-align: right;">23</p> <p>Mini Maple Pancake Wraps OR Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with choice of yogurt or WGR Item, Fruit, and 100% Juice</p>	<p style="text-align: right;">24</p> <p>Egg &amp; Cheese Slider OR Sausage &amp; Cheese Slider OR Bacon Scramble Pizza or Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>	<p style="text-align: right;">25</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR French Toast Sticks w/ Sausage Links</p> <p>Served with yogurt, fruit, &amp; 100% juice.</p>	<p style="text-align: right;">26</p> <p>Breakfast Sausage Pizza OR Bacon Scramble Pizza OR Mini Donuts</p> <p>Served with yogurt, fruit and 100% juice.</p>
<p style="text-align: right;">29</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Assorted Bagels w/ Cream Cheese Spreads</p> <p>Served with yogurt, fruit and 100% juice</p>	<p style="text-align: right;">30</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Assorted Bagels w/ Cream Cheese Spreads</p> <p>Served with yogurt, fruit and 100% juice.</p>	<p style="text-align: right;">31</p> <p>Mini Maple Pancake Wraps OR Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with choice of yogurt or WGR Item, Fruit, and 100% Juice</p>	<p style="text-align: center;">November 1</p> <p>Egg &amp; Cheese Slider OR Sausage &amp; Cheese Slider OR Bacon Scramble Pizza or Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p>	<p style="text-align: center;">November 2</p> <p>Cheddar Cheese Omelet OR Mini Maple Pancakes OR Breakfast Sausage Pizza OR Bacon Scramble Pizza</p> <p>Served with yogurt, fruit and 100% juice.</p>

Milk is available every day. Menus are subject to change without notice.  
100% Fruit Juice: Apple, Orange, Grape, Dragon Punch, & Mango Wango.

# High School Lunch Menu

October 2018

A selection of fruits are available every day. Milk is available every day.

Monday	Tuesday	Wednesday	Thursday	Friday
1 **Mr. Ribb or Chicken Sandwich Curly Fries Fresh Pepper Slices Dip S.D. Watermelon Slice	2 Cheeseburger Deluxe or Super Nachos Toppings: Shredded Lettuce, Tomatoes, Salsa, and Onions Puzzle Fries Fresh Broccoli	3 Mini Corn Dogs or Grilled Chicken Deluxe Toppings: Lettuce and Cheese Fresh Dark Green Salad Salad Dressing Cherry-O SideKick Fresh Carrots/ Dip	4 Fish Taco or Chicken Snack Wrap or Pizza Fresh Vegetables Dip Breakfast Bar	5 Staff Development Day- No School 
8 Native American Day- No School  Menus are subject to change without notice.	9 Breakfast Pizza W/Cheese Stick or Breaded Chicken Sandwich Wango Mango Vegetable Juice Puzzle Fries	10 Tangerine Chicken or Teriyaki Chicken or Popcorn Chicken Dinner Roll Poultry Rice Gravy Fresh Garden Carrots/Dip Fresh Broccoli Florets Chilled Creamy Coleslaw	11 Roast Beef-N-Cheddar or Pizza Tortilla Chips Salsa Fresh Dark Green Salad Salad Dressing	12 Mini Corn Dogs or Fish Sandwich Puzzle Fries Fresh Vegetables Dip
15 Walking Taco or Hamburger Deluxe Toppings (Lettuce, black Beans, Cheese, and Taco Sauce) Cucumber Coins Fresh Baby Carrots Dip	16 **Mr. Ribb or Breaded Chicken Sandwich Fresh Sweet Pepper Slices Dip Puzzle Fries	Fish Shapes or Chicken Nuggets or Meatballs Creamy Mashed Potatoes Gravy Dinner Roll Fresh Broccoli Florets Dip	18 Pasta W/ Turkey Alfredo Sauce or Meat Sauce W/Bread or Hamburger Fresh Baby Carrots Dip Lettuce Salad Salad Dressing	19 French Toast Sticks W/Sausage Links or Chicken Sandwich Batter Bites Wango Mango Vegetable Juice
 <b>National School Lunch Week!!!! October 15<sup>th</sup>-19<sup>th</sup></b> 				
22 Hot Dog or Chicken Patty W/Bun Puzzle Fries Fresh Carrot Sticks Dip	23 Soft Shell Taco (Beef or Chicken) or Burrito Bowl or Hamburger Deluxe Toppings: Tomatoes, Salsa, Lettuce, & Onions Crisp Celery Sticks Cucumber Coins/Dip	24 Fish Shapes or Popcorn Chicken or Meatballs Dinner Roll Creamy Mashed Potatoes Beef Gravy Fresh Grilled Mushrooms Fresh Vegetables/Dip	25 Teriyaki Chicken or Chicken Drumstick or Chicken Nuggets Poultry Rice Gravy Stir Fry Vegetables Fresh Broccoli Florets Dip	26 Mini Corn Dogs or Roast Beef Sandwich Baked Vegetarian Beans Tortilla Chips Salsa Fresh Vegetables Dip
29 Sloppy Joe Slider or **Mr Ribb Curly Fries Fresh vegetables Dip	30 Breakfast Pizza W/Cheese Stick or Breaded Chicken Sandwich Wango Mango Vegetable Juice Mixed Greens Salad Salad Dressing	31 Chicken Nuggets w/Dinner Roll or Quesadilla (Cheese or Chicken) Toppings: Lettuce, Tomatoes, & Onions Mixed greens Salad Salad Dressing	November 1 Super Nachos (Beef or Chicken) or Grilled Chicken Deluxe Toppings: Lettuce, Tomatoes, & Onions Pinto Beans	November 2 Fish Sandwich or Pizza or Cheeseburger Baked Vegetarian Beans Fresh Vegetables Dip

\*SideKick- 100% Frozen fruit juice cup

\*\* Contains Pork