

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 Berry Smoothie or *Yogurt Parfait w/Granola WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items *Make "Overnight Oats"	3 "Overnight Oats" WGR Breakfast Cereal Frosted Cinnamon Roll 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 Menus are subject to change without notice.	9 Food Court Smoothie or *Yogurt Parfait w/Granola WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items *Make "Overnight Oats"	10 "Overnight Oats" WGR Breakfast Cereal Carmel Roll Choose 2 of the Above Items	11 *Yogurt Parfait w/Granola WGR Breakfast Cereal Breakfast Bar 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 Berry Smoothie or *Yogurt Parfait w/Granola WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items *Make "Overnight Oats"	17 "Overnight Oats" WGR Breakfast Cereal Frosted Cinnamon Roll Choose 2 of the Above Items	18 *Yogurt Parfait w/Granola WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items	19  Parent-Teacher Conferences No School
22 WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items	23 Food Court Smoothie or *Yogurt Parfait w/Granola WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items *Make "Overnight Oats"	24 "Overnight Oats" WGR Breakfast Cereal Frosted Cinnamon Roll Choose 2 of the Above Items	25 Breakfast Banana Split WGR Breakfast Cereal Breakfast Bar 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 Berry Smoothie or *Yogurt Parfait w/Granola WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items *Make "Overnight Oats"	31 "Overnight Oats" WGR Breakfast Cereal Frosted Cinnamon Roll 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/Strawberry Yogurt topped with granola (topping optional)





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Monday	Tuesday	Wednesday	Thursday	Friday
1 Bacon Scramble Pizza OR Breakfast Sausage Pizza Served with fruit and 100% juice.	2 Mini Maple Pancake Wraps OR Bacon Scramble Pizza OR Breakfast Sausage Pizza Served with fruit and 100% juice.	3 Egg & Cheese Slider OR Sausage & Cheese Slider OR Bacon Scramble Pizza or Breakfast Sausage Pizza Served with fruit and 100% juice.	4 Bacon Scramble Pizza OR Breakfast Sausage Pizza OR French Toast Sticks w/ Sausage Links Served with fruit and 100% juice.	5 Staff Development Day- No School 
8 Native American Day- No School Menus are subject to change without notice.	9 Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Golden Eagle Waffles W/ Sausage Links OR Egg, Cheese, & Turkey Sausage Burrito Served with fruit and 100% juice.	10 Egg & Cheese Slider OR Sausage & Cheese Slider OR Bacon Scramble Pizza or Breakfast Sausage Pizza Served with fruit and 100% juice.	11 Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Pancake on a Stick Served with fruit and 100% juice.	12 Bacon Scramble Pizza OR Breakfast Sausage Pizza OR French Toast Sticks w/ Sausage Links Served with fruit and 100% juice.
15 Bacon Scramble Pizza OR Breakfast Sausage Pizza Served with fruit and 100% juice.	16 Mini Maple Pancake Wraps OR Bacon Scramble Pizza OR Breakfast Sausage Pizza Served with fruit and 100% juice.	17 Egg & Cheese Slider OR Sausage & Cheese Slider OR Bacon Scramble Pizza or Breakfast Sausage Pizza Served with fruit and 100% juice.	18 Bacon Scramble Pizza OR Breakfast Sausage Pizza OR French Toast Sticks w/ Sausage Links Served with fruit and 100% juice.	19  No School
22 Bacon Scramble Pizza OR Breakfast Sausage Pizza Served with fruit and 100% juice.	23 Mini Maple Pancake Wraps OR Bacon Scramble Pizza OR Breakfast Sausage Pizza Served with fruit and 100% juice.	24 Egg & Cheese Slider OR Sausage & Cheese Slider OR Bacon Scramble Pizza OR Breakfast Sausage Pizza Served with fruit and 100% juice.	25 Bacon Scramble Pizza OR Breakfast Sausage Pizza OR French Toast Sticks w/ Sausage Links Served with fruit and 100% juice.-	26 Cheddar Cheese Omelet OR Mini Maple Pancakes OR Breakfast Sausage Pizza OR Bacon Scramble Pizza Served with fruit and 100% juice.
29 Bacon Scramble Pizza OR Breakfast Sausage Pizza Served with fruit and 100% juice.	30 Mini Maple Pancake Wraps OR Bacon Scramble Pizza OR Breakfast Sausage Pizza Served with fruit and 100% juice.	31 Egg & Cheese Slider OR Sausage & Cheese Slider OR Bacon Scramble Pizza or Breakfast Sausage Pizza Served with fruit and 100% juice.	November 1 Bacon Scramble Pizza OR Breakfast Sausage Pizza OR French Toast Sticks w/ Sausage Links Served with fruit and 100% juice.	November 2 Cheddar Cheese Omelet OR Mini Maple Pancakes OR Breakfast Sausage Pizza OR Bacon Scramble Pizza Served with fruit and 100% juice.

Milk is available every day.
100% Fruit Juice: Apple, Orange, Grape, Dragon Punch, Cranberry, & Mango Wango.

Middle School Lunch Menu

October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
**Mr. Ribb or Chicken Sandwich Baby Baker Potatoes Fresh Pepper Slices Dip S.D. Watermelon Slice	Hamburger or Breakfast Pizza W/Cheese Stick Batter Bites Wango Mango Vegetable Juice Blueraspberry/ Lemonade SideKick	Cold Cut Sub or Cheeseburger Deluxe Toppings (Lettuce and Cheese) Mixed Greens Salad Salad Dressing Tortilla Chips Salsa Fresh Sweet Strawberries	Fish Taco or Chicken Snack Wrap Fresh Vegetables Dip Fresh Fruit Assorted Smart Snacks	Staff Development Day- No School 
8	9	10	11	12
Native American Day- No School Menus are subject to change without notice.	Sloppy Joe Sliders or **Mr. Ribb Simply Sweet Corn Fresh Carrots Dip Corn Chips Blueraspberry/ Lemonade SideKick	Tangerine Chicken or Teriyaki Chicken or Popcorn Chicken Dinner Roll Poultry Rice/ Gravy Red Cherry Tomatoes Dip Chilled Creamy Coleslaw Fresh Grapes	Chicken Nuggets w/Dinner Roll or Taco Burger Mixed Green Salad Salad Dressing Baked Vegetarian Beans Fresh Sweet Strawberries	Hot Dog or Fish Sandwich Puzzle Fries Fresh Vegetables Dip Fresh Fruit
15	16	18	19	19
Walking Taco or Hamburger Deluxe Toppings (Lettuce, Cheese, and Taco Sauce) Cucumber Coins Fresh Baby Carrots Dip Applesauce	**Mr. Ribb or Mini Maple Pancakes w/Turkey Sausage Links Batter Bites Wango Mango Vegetable Juice Fresh Orange Slices	Fish Shapes or Tangerine Chicken or Chicken Nuggets Creamy Mashed Potatoes Gravy Fresh Broccoli Florets Dip Fresh Grapes	Hamburger or Pasta W/ Turkey Alfredo Sauce or Meat Sauce W/Bread Steamed Vegetables Mixed Greens Salad Salad Dressing Assorted Fruits	 No School
<div style="display: flex; justify-content: space-between; align-items: center;">  <div style="text-align: center;"> <h2>National School Lunch Week!!!! October 15th-19th</h2> </div>  </div>				
22	23	24	25	26
Hot Dog or Chicken Patty W/Bun Puzzle Fries Mixed Greens Salad Salad Dressing Fresh Orange Slices	Soft Shell Taco (Chicken or Beef) or Taco Salad w/Chips or Hamburger Deluxe Toppings: Tomatoes, Black Beans or Lettuce, & Onions Crisp Celery Sticks Cucumber Coins/ Dip Diced Peaches	Fish Shapes or Hamburger Steak Dinner Roll Creamy Mashed Potatoes Beef Gravy Fresh Grilled Mushrooms Fresh Carrot Sticks Dip Fresh Apple Slices	Teriyaki Chicken or Tangerine Chicken or Chicken Drumstick Poultry Rice Gravy Stir Fry Vegetables Fresh Broccoli Florets Dip Strawberry Banana Dessert	Mini Corn Dogs or Hamburger Baked Vegetarian Beans Fresh Vegetables Dip Tortilla Chips Salsa Fresh Fruit
29	30	31	November 1	November 2
Sloppy Joe or **Mr. Ribb Tortilla Chips Salsa Steamed Green Beans Fresh Carrot Sticks Diced Peaches	Breakfast Pizza or W/Cheese Stick or Breaded Chicken Sandwich Fresh Cauliflower Bites Dip Puzzle Fries Fresh Orange Slices	Chicken Nuggets w/Dinner Roll or Quesadilla (Cheese or Chicken) Toppings: Lettuce, Tomatoes, & Onions Mixed greens Salad Salad Dressing Strawberry Banana Dessert	Strawhats (Beef or Chicken) or Hamburger Simply Sweet Corn Fresh Broccoli Florets Dip Fresh Apple Slices	Chicken Patty w/Bun or Cheese Pizza or Pepperoni Pizza Baked Vegetarian Beans Fresh Vegetables Dip Assorted Fruit

Milk is available every day. *SideKick- 100% Frozen fruit juice cup ** Contains Pork