

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|--|
| <p>September 30</p> <p>WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items</p> <p>Served with fruit, 100% juice, & Milk</p> | <p>1</p> <p>Yogurt Explosion WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items</p> <p>Served with fruit, 100% juice, & Milk.</p> | <p>2</p> <p>WGR Breakfast Cereal Frosted Cinnamon Roll Breakfast Bar Choose 2 of the Above Items</p> <p>Served with fruit, 100% juice, & Milk</p> | <p>3</p> <p>WGR Breakfast Cereal Mini Donuts Yogurt String Cheese Choose 2 of the Above Items</p> <p>Served with fruit, 100% juice, & Milk</p> | <p>4</p> <p>WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items</p> <p>Served with fruit, 100% juice, & Milk</p> |
| <p>7</p> <p>WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items</p> <p>Served with fruit, 100% juice, & Milk</p> | <p>8</p> <p>Yogurt Explosion WGR Breakfast Cereal Fresh Baked Biscuit WGR Bread Item Choose 2 of the Above Items</p> <p>Served with fruit, 100% juice, & Milk.</p> | <p>9</p> <p>WGR Breakfast Cereal Carmel Roll Breakfast Bar Choose 2 of the Above Items</p> <p>Served with fruit, 100% juice, & Milk.</p> | <p>10</p> <p>Breakfast Banana Split WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items</p> <p>Served with Fruit Cup, 100% juice, & Milk</p> | <p>11</p> <p>WGR Breakfast Cereal Mini Donuts Yogurt String Cheese Choose 2 of the Above Items</p> <p>Served with fruit, 100% juice, & Milk</p> |
| <p>14</p> <p>No School</p>  | <p>15</p> <p>Yogurt Explosion WGR Breakfast Cereal Fresh Baked Biscuit WGR Bread Item Choose 2 of the Above Items</p> <p>Served with fruit, 100% juice, & Milk.</p> | <p>16</p> <p>WGR Breakfast Cereal Frosted Cinnamon Roll Breakfast Bar Choose 2 of the Above Items</p> <p>Served with fruit, 100% juice, & Milk</p> | <p>17</p> <p>Breakfast Banana Split WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items</p> <p>Served with Fruit Cup, 100% juice, & Milk</p> | <p>18</p> <p>WGR Breakfast Cereal Mini Donuts Yogurt String Cheese Choose 2 of the Above Items</p> <p>Served with fruit, 100% juice, & Milk</p> |
|  <p>National School Lunch Week: What's On Your Playlist?</p> <p>October 14th-18th</p>    | | | | |
| <p>21</p> <p>WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items</p> <p>Served with fruit, 100% juice, & Milk</p> | <p>22</p> <p>Yogurt Explosion WGR Breakfast Cereal Fresh Baked Biscuit WGR Bread Item Choose 2 of the Above Items</p> <p>Served with fruit, 100% juice, & Milk.</p> | <p>23</p> <p>WGR Breakfast Cereal Frosted Cinnamon Roll Breakfast Bar Choose 2 of the Above Items</p> <p>Served with fruit, 100% juice, & Milk</p> | <p>24</p> <p>Breakfast Banana Split WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items</p> <p>Served with Fruit Cup, 100% juice, & Milk</p> | <p>25</p> <p>CHS Comp Day No School</p> |
| <p>28</p> <p>WGR Breakfast Cereal Assorted Muffins Yogurt String Cheese Choose 2 of the Above Items</p> <p>Served with fruit, 100% juice, & Milk</p> | <p>29</p> <p>Yogurt Explosion WGR Breakfast Cereal Fresh Baked Biscuit WGR Bread Item Choose 2 of the Above Items</p> <p>Served with fruit, 100% juice, & Milk.</p> | <p>30</p> <p>WGR Breakfast Cereal Frosted Cinnamon Roll Breakfast Bar Choose 2 of the Above Items</p> <p>Served with fruit, 100% juice, & Milk</p> | <p>31</p> <p>Breakfast Banana Split WGR Breakfast Cereal WGR Bread Item Choose 2 of the Above Items</p> <p>Served with Fruit Cup, 100% juice, & Milk</p> | <p>November 1</p> <p>WGR Breakfast Cereal Mini Donuts Yogurt String Cheese Choose 2 of the Above Items</p> <p>Served with fruit, 100% juice, & Milk</p> |

Menus are subject to change without notice.

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)

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|---|
| <p>September 30</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with yogurt, fruit and 100% juice.</p> | <p>1</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with yogurt, fruit and 100% juice.</p> | <p>2</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>3</p> <p>Egg & Cheese Slider OR Sausage & Cheese Slider OR Bacon Scramble Pizza or Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p> | <p>4</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>Salsa is available</p> |
| <p>7</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with yogurt, fruit and 100% juice.</p> | <p>8</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR Egg, Cheese, & Turkey Sausage Burrito</p> <p>Salsa is available</p> <p>Served with choice of yogurt or WGR Item, Fruit, and 100% Juice</p> | <p>9</p> <p>Egg & Cheese Slider OR Sausage & Cheese Slider OR Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p> | <p>10</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR French Toast Sticks w/ Sausage Links</p> <p>Served with yogurt, fruit, & 100% juice.</p> | <p>11</p> <p>Breakfast Sausage Pizza OR Bacon Scramble Pizza OR Cheddar Cheese Omelet</p> <p>Served with yogurt, fruit and 100% juice.</p> |
| <p>14</p> <p>No School</p>  | <p>15</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>16</p> <p>Egg & Cheese Slider OR Sausage & Cheese Slider OR Bacon Scramble Pizza or Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p> | <p>17</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR French Toast Sticks w/ Sausage Links</p> <p>Served with yogurt, fruit, & 100% juice.</p> | <p>18</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>Salsa is available</p> |

National School Lunch Week: What's On Your Playlist?
October 14th-18th

| | | | | |
|--|---|---|--|--|
| <p>21</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with yogurt, fruit and 100% juice</p> | <p>22</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>23</p> <p>Egg & Cheese Slider OR Sausage & Cheese Slider OR Bacon Scramble Pizza or Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p> | <p>24</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR French Toast Sticks w/ Sausage Links</p> <p>Served with yogurt, fruit, & 100% juice.</p> | <p>25</p> <p>CHS Comp Day No School</p> |
| <p>28</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza</p> <p>Served with yogurt, fruit and 100% juice</p> | <p>29</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>30</p> <p>Egg & Cheese Slider OR Sausage & Cheese Slider OR Bacon Scramble Pizza or Breakfast Sausage Pizza</p> <p>Served with fruit and 100% juice.</p> | <p>31</p> <p>Bacon Scramble Pizza OR Breakfast Sausage Pizza OR French Toast Sticks w/ Sausage Links</p> <p>Served with yogurt, fruit, & 100% juice.</p> | <p>November 1</p> <p>Breakfast Sausage Pizza OR Bacon Scramble Pizza OR Cheddar Cheese Omelet</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, Cranberry, & Mango Wango.

High School Lunch Menu

A selection of fruits and fruit juice is available every day. Milk is available every day.

October 2019

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|---|
| September 30 Super Nacho or Grilled Chicken Sandwich Toppings: Lettuce, Tomatoes, Salsa, Onions, & Pinto Beans Fresh Broccoli Florets Baby Carrots Dip | 1 Chicken Snack Wrap or Hamburger Toppings: Lettuce & Cheese Macaroni & Cheese Cucumber Slices Pepper Slices Dip | 2 Chicken Nuggets or Chicken Drumstick or Fish Shapes Mashed Potatoes Gravy Dinner Roll Fresh Broccoli Florets Dip Birthday Treats!! Celebrating October Birthdays! | 3 Cheese Pizza or Breaded Chicken Patty Mixed Greens Salad Salad Dressing Celery Sticks Dip | 4 French Toast Sticks W/Sausage Links or Cheeseburger Puzzle Fries Fresh Vegetables Dip |
| 7 Bacon Cheeseburger or Hot Dog Fries Cucumber Slices Dip | 8 Walking Taco or Grilled Chicken Sandwich Deluxe Toppings: Lettuce, Tomatoes, Salsa, & Onions Puzzle Fries Carrot Sticks/Dip | 9 Tangerine Chicken or Popcorn Chicken Dinner roll Poultry Rice Gravy Oven Roasted Squash Celery Sticks/Dip | 10 Pasta w/Meat Sauce or Turkey Alfredo w/Breadstick or Breaded Chicken Sandwich Dark Greens Salad Salad Dressing Fresh Broccoli Florets Dip | 11 Mini Corn Dogs or **Mr. Ribb or Cook's Choice Baked Vegetarian Beans Tortilla Chips Salsa Fresh Vegetables Dip |
| 14 No School  | 15 Breakfast Pizza W/Cheese Stick or Breaded Chicken Sandwich Puzzle Fries Cucumber Slices Dip | 16 Beef Taco or Chicken Fajita or Hamburger Deluxe Toppings: Tomatoes, Lettuce, Onions, & Pinto Beans Tortilla Chips Salsa Rice Fresh Broccoli Florets Dip | 17 Cheese Pizza or Mini Corn Dogs Baked Vegetarian Beans Mixed Greens Salad Salad Dressing | 18 Chicken Nuggets or Fish Shapes Mashed Potatoes Gravy Dinner Roll Oven Roasted Squash Fresh Vegetables Dip |
|  National School Lunch Week: What's On Your Playlist?  October 14th -18th   | | | | |
| 21 Super Nachos or Hamburger Deluxe Toppings: Lettuce, Pinto Beans, Cheese, & Taco Sauce Steamed Peas Carrot Sticks Dip | 22 French Toast Sticks W/ Sausage Links or Breaded Chicken Sandwich Batter Bites Fresh Broccoli Florets Dip | 23 Pasta w/Meat Sauce or Turkey Alfredo w/Breadstick or Hamburger Dark Greens Salad Salad Dressing Fresh Cauliflower Bites Dip | 24 Bacon Grilled Chicken Deluxe or Mini Corn Dogs Oven Roasted Squash Fries Fresh Vegetables Dip | 25 CHS Comp Day No School |
| 28 Walking Taco or Cheese Quesadilla Toppings: Lettuce, Tomatoes, Salsa, & Onions Pinto Beans Baby Carrots/Dip | 29 Bacon Cheeseburger or Hot Dog Fries Celery Sticks Dip | 30 Tangerine Chicken or Chicken Nuggets or Chicken Drumstick Dinner Roll Poultry Rice Oven Roasted Squash Fresh Broccoli Florets Dip | 31 Cheese Pizza or Mini Corn Dogs Mixed Greens Salad Salad Dressing Baby Carrots Dip SideKick | November 1 Breaded Chicken Sandwich or Roast Beef-n-Cheddar Puzzle Fries Fresh Vegetables Dip |

Milk is available every day. Menus are subject to change without notice. All toppings are optional.