

| MONDAY<br>October 2, 2017  | TUESDAY<br>October 3, 2017   | WEDNESDAY<br>October 4, 2017   | THURSDAY<br>October 5, 2017  | FRIDAY<br>October 6, 2017   | SATURDAY<br>October 7, 2017  | SUNDAY<br>October 8, 2017   |
|--|--|--|--|---|--|---|
| <p><b>BREAKFAST</b></p> <p>WG Pancakes<br/>Sausage<br/><i>Sugar Free Syrup/ Margarine</i></p> <p>Fresh Fruit/Fruit Cup<br/>1% or Skim milk<br/>Apple/Orange Juice</p> <p>OR</p> <p>Choice of 2 cereals<br/>Fresh fruit/ fruit cup<br/>1% or Skim milk<br/>Apple/Orange Juice</p>         | <p><b>BREAKFAST</b></p> <p>Bagels<br/>Cream Cheese<br/>Assorted Yogurt</p> <p>Fresh Fruit/Fruit Cup<br/>1% or Skim milk<br/>Apple/Orange Juice</p> <p>OR</p> <p>Choice of 2 cereals<br/>Fresh fruit/ fruit cup<br/>1% or Skim milk<br/>Apple/Orange Juice</p>                      | <p><b>BREAKFAST</b></p> <p>Scrambled Eggs<br/>w/ Cheese<br/>WW Toast/ Jelly</p> <p>Fresh Fruit/Fruit Cup<br/>1% or Skim milk<br/>Apple/Orange Juice</p> <p>OR</p> <p>Choice of 2 cereals<br/>Fresh fruit/ fruit cup<br/>1% or Skim milk<br/>Apple/Orange Juice</p>                             | <p><b>BREAKFAST</b></p> <p>Assorted Muffins<br/>Assorted Yogurts<br/>Cheese Sticks</p> <p>Fresh Fruit/Fruit Cup<br/>1% or Skim milk<br/>Apple/Orange Juice</p> <p>OR</p> <p>Choice of 2 cereals<br/>Fresh fruit/ fruit cup<br/>1% or Skim milk<br/>Apple/Orange Juice</p>                                  | <p><b>BREAKFAST</b></p> <p>French Toast<br/>Sausage Links<br/><i>Sugar Free Syrup/ Margarine</i></p> <p>Fresh Fruit/Fruit Cup<br/>1% or Skim milk<br/>Apple/Orange Juice</p> <p>OR</p> <p>Choice of 2 cereals<br/>Fresh fruit/ fruit cup<br/>1% or Skim milk<br/>Apple/Orange Juice</p> | <p><b>BREAKFAST</b></p> <p>Egg &amp; Cheese on<br/>a WW English Muffin</p> <p>Fresh Fruit/Fruit Cup<br/>1% or Skim milk<br/>Apple/Orange Juice</p> <p>OR</p> <p>Choice of 2 cereals<br/>Fresh fruit/ fruit cup<br/>1% or Skim milk<br/>Apple/Orange Juice</p>                    | <p><b>BREAKFAST</b></p> <p>Hard Boiled Egg<br/>WW Toast/ Jelly<br/>Sausage patty</p> <p>Fresh Fruit/Fruit Cup<br/>1% or Skim milk<br/>Apple/Orange Juice</p> <p>OR</p> <p>Choice of 2 cereals<br/>Fresh fruit/ fruit cup<br/>1% or Skim milk<br/>Apple/Orange Juice</p> |
| <p><b>LUNCH</b></p> <p>Turkey Corn Dog<br/>French Fries<br/>Carrot Sticks<br/>Salad Bar</p> <p>Fresh Fruit/Fruit Cup<br/>1% or Skim milk<br/>Apple/Orange Juice</p> <p>OR</p> <p>PB&amp;J Pack<br/>Salad Bar</p> <p>Fresh Fruit/Fruit Cup<br/>1% or Skim milk<br/>Apple/Orange Juice</p> | <p><b>LUNCH</b></p> <p>Chicken Strips<br/>Waffle Fries<br/>Broccoli<br/>Salad Bar</p> <p>Fresh Fruit/Fruit Cup<br/>1% or Skim milk<br/>Apple/Orange Juice</p> <p>OR</p> <p>PB&amp;J Pack<br/>Salad Bar</p> <p>Fresh Fruit/Fruit Cup<br/>1% or Skim milk<br/>Apple/Orange Juice</p> | <p><b>LUNCH</b></p> <p>Spaghetti /Meat Sauce<br/>Green Beans<br/>WW Garlic Roll<br/>Salad Bar</p> <p>Fresh Fruit/Fruit Cup<br/>1% or Skim milk<br/>Apple/Orange Juice</p> <p>OR</p> <p>PB&amp;J Pack<br/>Salad Bar</p> <p>Fresh Fruit/Fruit Cup<br/>1% or Skim milk<br/>Apple/Orange Juice</p> | <p><b>LUNCH</b></p> <p>Taco Salad<br/><i>Lettuce Tomato Sour Cream</i></p> <p>Refried Beans<br/>Salad Bar</p> <p>Fresh Fruit/Fruit Cup<br/>1% or Skim milk<br/>Apple/Orange Juice</p> <p>OR</p> <p>PB&amp;J Pack<br/>Salad Bar</p> <p>Fresh Fruit/Fruit Cup<br/>1% or Skim milk<br/>Apple/Orange Juice</p> | <p><b>LUNCH</b></p> <p>Chicken &amp; Noodles<br/>Sweet Peas<br/>WW Roll<br/>Salad Bar</p> <p>Fresh Fruit/Fruit Cup<br/>1% or Skim milk<br/>Apple/Orange Juice</p> <p>OR</p> <p>PB&amp;J Pack<br/>Salad Bar</p> <p>Fresh Fruit/Fruit Cup<br/>1% or Skim milk<br/>Apple/Orange Juice</p>  | <p><b>LUNCH</b></p> <p>Cheese/Pepperoni Pizza<br/>Baby Carrots</p> <p>Salad Bar</p> <p>Fresh Fruit/Fruit Cup<br/>1% or Skim milk<br/>Apple/Orange Juice</p> <p>OR</p> <p>PB&amp;J Pack<br/>Salad Bar</p> <p>Fresh Fruit/Fruit Cup<br/>1% or Skim milk<br/>Apple/Orange Juice</p> | <p><b>LUNCH</b></p> <p>Super Nachos<br/>Refried Beans</p> <p>Salad Bar</p> <p>Fresh Fruit/Fruit Cup<br/>1% or Skim milk<br/>Apple/Orange Juice</p> <p>OR</p> <p>PB&amp;J Pack<br/>Salad Bar</p> <p>Fresh Fruit/Fruit Cup<br/>1% or Skim milk<br/>Apple/Orange Juice</p> |
| <p><b>DINNER</b></p> <p>Chicken Pot Pie<br/>Green Beans<br/>WW Roll</p> <p>Salad Bar</p> <p>Fresh Fruit/Fruit Cup</p> <p>OR</p> <p>PB&amp;J Pack<br/>Salad Bar</p> <p>Fresh Fruit/Fruit Cup</p>  | <p><b>DINNER</b></p> <p>Country Fried Steak<br/>Mashed Potato/ Gravy<br/>Corn</p> <p>WW Roll<br/>Salad Bar</p> <p>Fresh Fruit/Fruit Cup</p> <p>OR</p> <p>PB&amp;J Pack<br/>Salad Bar</p> <p>Fresh Fruit/Fruit Cup</p>  | <p><b>DINNER</b></p> <p>Baked Chicken<br/>AuGratin Potatoes<br/>Mixed Vegetables</p> <p>WW Roll<br/>Salad Bar</p> <p>Fresh Fruit/Fruit Cup</p> <p>OR</p> <p>PB&amp;J Pack<br/>Salad Bar</p> <p>Fresh Fruit/Fruit Cup</p>   | <p><b>DINNER</b></p> <p>Beef Stroganoff<br/>Buttered Noodles<br/>Green Beans</p> <p>WW Roll<br/>Salad Bar</p> <p>Fresh Fruit/Fruit Cup</p> <p>OR</p> <p>PB&amp;J Pack<br/>Salad Bar</p> <p>Fresh Fruit/Fruit Cup</p>   | <p><b>DINNER</b></p> <p>Green Chili Tamales<br/>Brown Spanish Rice<br/>Lettuce Tomato</p> <p>Sour Cream<br/>Salad Bar</p> <p>Fresh Fruit/Fruit Cup</p> <p>OR</p> <p>PB&amp;J Pack<br/>Salad Bar</p> <p>Fresh Fruit/Fruit Cup</p>  | <p><b>DINNER</b></p> <p>Baked Ham<br/>Scalloped Potatoes<br/>Mixed Vegetable</p> <p>WW Roll<br/>Salad Bar</p> <p>Fresh Fruit/Fruit Cup</p> <p>OR</p> <p>PB&amp;J Pack<br/>Salad Bar</p> <p>Fresh Fruit/Fruit Cup</p>   | <p><b>DINNER</b></p> <p>Cheese Lasagna<br/>Italian Vegetable<br/>Toasted Garlic Bread</p> <p>Salad Bar</p> <p>Fresh Fruit/Fruit Cup</p> <p>OR</p> <p>PB&amp;J Pack<br/>Salad Bar</p> <p>Fresh Fruit/Fruit Cup</p>   |

This institution is an equal opportunity provider.

100 % Fruit Juice  
1% Milk  
Skim Milk  
Skim Chocolate Milk

PBJ Pack  
Sandwich  
Cheese Stick  
Cheez Its

WW Whole Wheat  
WG Whole Grain