

Supper Menu



October 2020

Monday	Tuesday	Wednesday	Thursday	Friday
28 WG Chicken Alfredo Pasta (2 M/MA, 1 G/B) Steamed Broccoli (1/2 c veg)	29 Turkey & Cheese Sandwich (2 M/MA, 1/4 c veg) WG Roll Baby Carrots (1/4)	30 WG Green Chicken Enchiladas (2M/MA, 2 G/B, 1/2 c veg)	1 Beef Chili (2 M/MA, 1/2 cup veg) WG Baked Chips (1 G/B)	2 <i>Protein Pack:</i> Hummus (1MA) Hard Boiled Egg (1MA) WG Crackers (1 G), Apple (1/2 c) Baby Carrots (1/2 c)
5 Double Dog (2M/MA, 2G) Side of Fries (1/2 c)	6 Chicken Taco Salad (2 M/MA, 1 c veg) Ranch Dressing WG Dinner Roll (1 G/B)	7 Southwest Chili Cheese Burrito (2MA, 2 G) Salsa Cup (1/2 c veg)	8 Cheesy Nachos (2M/MA, 1/2 c) Tortilla Chips (2 G/B)	9 Turkey, Cheese & Crackers Lunch Pack (2 M/MA, 1 G) Baby Carrots (1/2)
12 WG Cheese Tamale (2 M/MA, 2 G/B) Peas & Carrots (1/2 c veg)	13 Turkey Ham & Cheese Croissant Melt (2 M/MA, 2 G/B) Baby Carrots (1/2 c)	14 WG Chicken Patty Burger (1 G/B, 2M/MA) WG Bun (2 G/B) Oven Baked Fries (1/2 c veg)	15 Make Your Own Pizza Pack (2M/MA, 1 G, 1/2 c veg)	16 Mexican Chicken Salad (2.5 M/MA, 3/4 c veg) WG Popped Nacho Chips (1 G/B)
19 Mini Chicken Tacos (2M, 2G) <i>Hot Sauce</i> Fruitable Juice (6 oz, 1/2 c veg)	20 Turkey Pastrami & Cheese Sandwich (2 M/MA, 1/4 c veg) WG Roll (2 G) Baby Carrots (1/4 c)	21 Pepperoni Pizza Wedge (2M/MA, 2G) Cucumber Slices (1/2 c)	22 WG Cheeseburger (2M/MA) WG Bun (2 G/B) Oven Baked Fries (1/2 c veg) <i>Ketchup</i>	23 <i>Protein Pack:</i> Hummus (1MA) Hard Boiled Egg (1MA) WG Crackers (1 G), Apple (1/2 c) Baby Carrots (1/2 c)
26 Turkey & Cheese Sandwich (2 M/MA, 2 G/B) Baby Carrots (1/2 c veg)	27 Southwest Chicken Salad (2 M/MA, 1 c veg) Ranch Dressing WG Dinner Roll (1 G/B)	28 Corn Dog (2M, 2 G) Oven Baked Fries (1/2 c)	29 WG Green Chicken Enchiladas (2M/MA, 2 G/B, 1/2 c veg)	30 Cheesy Pull Apart (1 M/A, 1 G/B) String Cheese (1 MA) Fruitable Juice (1/2 c veg)

MENU SUBJECT TO CHANGE WITHOUT NOTICE

This institution is an equal opportunity provider.

All entrées served with whole fruit, fruit cup or 100% fruit juice and offered with choice of 1% milk or fat free milk.