



LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 2 oz Oven Baked Chicken Leg 1 WG Wheat Roll (1 oz) ¼ c Glazed Carrots ¼ c Apple Slices (2-3) ¾ c Milk <i>Veg: 3 Chickenless Nuggets* w Ketchup</i>	2 2 oz CN Hamburger Patty 1 WG Bun (1.8 oz) ½ c Spinach Salad w Ranch ¼ c Cantaloupe ¾ c Milk <i>Veg: Vegetarian Black Bean Burger*</i>	3 <u>Make Your Own Joe</u> ½ c Bean Sloppy Joe (2 oz meat) #8 1 WG Bun (1.8 oz) ¼ c Cole Slaw 2 Orange Wedges ¾ c Milk <i>Veg: Same</i>	4 ½ c Beef Picadillo #8 (1 ½ oz meat) ¼ c WG Rice (½ oz Grain) ¼ c Broccoli w Creamy Italian Dip ¼ c Pears ¾ c Milk <i>Veg: 1 Lasagna Roll - Up</i>	5 1 Cheese Manicotti (2.75oz) w Tomato Basil (1 ½ oz cheese 2 oz WG grain) ½ c Romaine Salad w Ranch ¼ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ¾ c Milk <i>Veg: Same</i>
	Columbus Day WOW will be Closed	9 <u>Mediterranean Cold Menu</u> ¼ c Seasoned Chicken Strips (2 oz) ½ WG Pita (1 oz) 1 Tbsp Hummus ¼ c Petite Broccoli w Italian ¼ c Tropical Fruit Salad ¾ c Milk <i>Veg: 3/8 c Chickpeas</i>	10 ½ c Beef & Bean Chili 2 oz meat/meat alternate 1 oz Cornbread ½ c Romaine with Ranch 2 Orange Wedges ¾ c Milk <i>Veg: Vegetarian Chili</i>	11 3 oz WG Fish Fillet (1.5 oz M/MA) ¼ c Bolivian Rice (½ oz Grain) ½ c Spinach Salad w Italian ¼ c Honeydew ¾ c Milk <i>Veg: 6 oz Yogurt</i>	12 <u>Make Your Own Burrito</u> ¼ c Black Beans & 1/8 c Monterrey Cheese 1-6 in WW Tortilla (1 oz) PC Mild Salsa ½ c Shredded Lettuce ¼ c Pineapple ¾ c Milk <i>Veg: Same</i>
	15 <u>Italian</u> 2 Chicken Tenders 2 oz PC Marinara Sauce 1 WG Breadstick (1.2 oz) ¼ c Baby Carrots ½ Apple ¾ c Milk <i>Veg: 2 Chix Tenders</i>	16 ½ c Beef & Macaroni Pasta Bake #8 • 2 oz beef, ¼ c WG noodles(½ oz) ¼ c Broccoli w Ranch ¼ c Pineapple ¾ c Milk <i>Veg: ½ c Cheesy Macaroni Pasta Bake w 1 Mozzarella Cheese Stick</i>	17 2 oz Oven Fried Chicken Leg 1 oz WG Corn Muffin ¼ c Cole Slaw ¼ c Honeydew ¾ c Milk <i>Veg: 3 Chickenless Nuggets* w Ketchup</i>	18 <u>Make Your Own Taco</u> ¼ c Beef Taco Meat (1.5 oz meat) 1 Tbsp Shredded Cheddar Cheese 1oz Hard WG Taco Shell ½ c Shredded Romaine PC Salsa ½ Banana ¾ c Milk <i>Veg: ½ c Black Beans</i>	19 ½ c Macaroni & Cheese ¼ oz Cheese; ¼ c WG Noodles ½ oz 3/8 c Vegetarian Baked Beans ½ c Spinach Salad w Italian ¼ c Peaches ¾ c Milk <i>Veg: Same</i>
	22 <u>Make Your Own Wrap</u> 1 oz Turkey (2 Slices) 2 Tbsp Hummus ½ oz Cheddar Cheese 1 WG Flour Tortilla (1 oz) ½ c Spinach Salad w Italian ¼ c Pears ¾ c Milk <i>Veg: ½ Veggie Wrap (1 ½ oz Fresh Mozzarella and ½ oz Hummus)</i>	23 1 Chicken Patty • 2 oz Chicken 1 WG Bun (1.8 oz) ¼ c Three Bean Salad ¼ c Tropical Fruit Salad ¾ c Milk <i>Veg: Black Bean Patty*</i>	24 2 oz Meatloaf 1 WG Corn Muffin (1 oz) ¼ c Cheesy Mashed Potatoes ¼ c Honeydew ¾ c Milk <i>Veg: Black Bean Patty* w Ketchup</i>	25 <u>Asian</u> ¼ c Honey Glazed Chicken (1.5 oz meat) #16 ¼ c Brown WG Rice (½ oz grain) ¼ c Broccoli w Ranch ¼ c Mandarin Oranges ¾ c Milk <i>Veg: 3 Honey Glazed Chickenless Nuggets*</i>	26 <u>Make Your Own Pizza</u> ½ WW English Muffin 1 oz 2 TBSP Shredded Cheese 1 oz String Cheese ¼ c Tomato Sauce (Hot) ½ c Spinach Salad w Italian ¼ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ¾ c Milk <i>Veg: Same</i>
	29 2 oz Oven Baked Chicken Leg 1 WG Wheat Roll (1 oz) ¼ c Glazed Carrots ¼ c Apple Slices (2-3) ¾ c Milk <i>Veg: 3 Chickenless Nuggets* w Ketchup</i>	30 2 oz CN Hamburger Patty 1 WG Bun (1.8 oz) ½ c Spinach Salad w Ranch ¼ c Cantaloupe ¾ c Milk <i>Veg: Vegetarian Black Bean Burger*</i>	31 <u>Make Your Own Joe</u> ½ c Bean Sloppy Joe (2 oz meat) #8 1 WG Bun (1.8 oz) ¼ c Cole Slaw 2 Orange Wedges ¾ c Milk <i>Veg: Same</i>		