October 2024

Monday Tuesday Wednesday Thursday Friday

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| --- | --- | --- | --- | --- |
|  | 1st  Meatballs w/ Marinara  Broccoli  Roasted Cauliflower  WGR Pasta  Fruit | 2nd  Frittata w/ Veggies  WGR Biscuit  Roasted Mixed Veggies  Fruit | 3rd  Cheeseburger  WGR Bun  L/T  Green Beans  Fruit | 4th  Chicken Salad WGR Bread  Blanched Carrots  Broccoli Salad  Fruit |
| 7th  Teriyaki Chicken  Broccoli  Snow Peas  Brown Rice  Fruit | 8th  Meat sauce w/ Marinara  Roasted Mixed Veggies  WGR Pasta  Garden salad  Fruit | 9th  Baked Chicken w/ Gravy  Mashed Potatoes  Peas and Carrots  WGR Roll  Fruit | 10th  Beef Burrito w/ WGR Tortillas  Roasted Mexican Corn  Peppers and Onions Fruit | 11th  Cook’s Choice |
| 14th  MOW Closed | 15th  Chicken Fajitas  Peppers and Onions Black Beans  Brown Rice  Fruit | 16th  Meatballs w/ Marinara  Peas and Carrots  Roasted Mixed Veggies  WGR Sub Roll  Fruit | 17th  Turkey and Cheese  WGR Wrap  Sliced Tomatoes  Coleslaw  Fruit | 18th  Chicken Parmesan  Broccoli  Roasted Cauliflower  WGR Pasta  Fruit |
| 21st  Chicken and cheese Quesadillas  Roasted Mexican Corn  Mixed Veggies  Fruit | 22nd  Cheeseburger  WGR Bun  L/T  Roasted Potatoes  Fruit | 23rd  Turkey Stroganoff  WGR Pasta  Broccoli  Green Peas  Fruit | 24th  Baked Chicken w/ Gravy  Mashed Potatoes  Roasted Mixed Veggies  WGR Roll  Fruit | 25th  Cook’s Choice |
| 28th  Beef Tacos  WGR Tortillas  Refried Beans  Peppers and Onions Fruit | 29th  Chicken Patty Sandwich  WGR Bun  L/T  Roasted Sweet Potatoes  Fruit | 30th  Salisbury Steak  Mashed Cauliflower Roasted Mixed Veggies  WGR Roll  Fruit | 31st  Tuna Salad  WGR Bread  Sliced Tomatoes  Blanched Carrots  Fruit |  |

\*1% Milk is served daily. The menu is subject to change.

Approved by: Jessica Long, RDN, LDN 9/16/2024 #DT:86147917