October 2016

WJW Menu

***WG = Whole Grain**

3 **Breakfast** Steak Biscuit (WG) Or WG Cereal/WG Biscuit/Jelly W/Mixed Fruit Cup Fruit Juice/Milk **Lunch** BBQ Sandwich on WG Bun Or Hot Wings w/WG Breadsticks Yam Patties Black Eyed Peas Pear Slices	4 **Breakfast** WG Pancake Pup Or WG Cereal/WG Toast/Jelly W/Orange Sections Fruit Juice/Milk **Lunch** Beefaroni Or Egg Roll Niblet Corn Garden Salad w/Tomatoes WG Breadstick (1) Pineapple Chunks WG Sugar Cookie	5 **Breakfast** Chicken Biscuit (WG) Mustard/Jelly Or WG Cereal/WG Biscuit/Jelly W/Grapes/Fruit Juice/Milk **Lunch** Chicken Strips w/WG Roll Or Hot Dog on WG Bun French Fries Green Peas Strawberry Apple Sauce	6 **Breakfast** Sausage Egg Grab Wrap Or WG Cereal/WG Toast/Jelly W/Apple Slices/Fruit Juice/ Milk **Lunch** WG Cheese Pizza Or Nachos w/WG Chips Baked Beans Steamed Broccoli Banana	7 **Breakfast** Ham Biscuit (WG) Mustard/Jelly Or WG Cereal/WG Biscuit W/Fruit Fruit Juice/Milk **Lunch** Hamburger on WG Bun Or WG Toasted WG Chicken Sliders (2) Potato Wedges Lettuce/Tom/Dill Spears Peaches
10 **Breakfast** WG Breakfast Pizza Or WG Cereal/WG Toast/Jelly W/Fruit Cup/Apple Juice Milk **Lunch** Teriyaki Chicken Nuggets Or Hot Wings Steamed Carrots Black Eyed Peas WG Breadsticks Pear Slices	11 **Breakfast** Pancakes w/Syrup Cheese Stick Or WG Cereal /WG Toast W/Apple Sauce Fruit Juice/Milk **Lunch** Spaghetti Or Egg Roll Niblet Corn Garden Salad w/Tomatoes WG Breadstick (1) Pineapple Chunks WG Chocolate Chip Cookie	12 **Breakfast** Steak Biscuit (WG) Mustard/Jelly Or WG Cereal/WG Biscuit/Jelly W/Chilled Peaches Orange Juice/Milk **Lunch** Chicken Bites w/WG Roll Or WG Corn Dog Steamed Carrots Green Beans Apple Sauce	13 **Breakfast** Breakfast Cup WG Cereal / WG Muffin W/Orange Slices Fruit Juice/Milk **Lunch** WG Pepperoni Pizza Or Nachos w/WG Chips Baked Beans Steamed Broccoli Banana	14 **Breakfast** Sausage Biscuit (WG) Mustard/Jelly Or WG Cereal/WG Biscuit/Jelly Fruit /Fruit Juice/Milk **Lunch** Cheeseburger on WG Bun Or Grilled Chicken Sandwich on WG Bun Potato Wedges Lettuce/Tom/Dill Spears Fruit Mix w/Cool Whip
	National School Lunch Week			
17 **Breakfast** Breakfast Cup Or WG Cereal/WG Toast/Jelly W/Apple Slices/Fruit Juice/ Milk **Lunch** Chicken Strips w/WG Roll Or Fish Filet on WG Bun French Fries Green Peas Pear Slices WG Oatmeal Cookie	18 **Breakfast** Egg Munchie w/WG Toast Or WG Cereal/WG Biscuit W/Chilled Strawberries Fruit Juice/Milk **Lunch** WG Cheese Pizza Or Nachos w/WG Chips Oven Fried Okra Garden Salad Banana	19 **Breakfast** Whole Wheat Sweet Roll w/Cheese Stick or WG Cereal/WG Toast W/Orange Slices Fruit Juice/Milk **Lunch** WG Roast Beef Sliders (2) Or Hot Dog on WG Bun Salsa w/Tortilla Chips Steamed Broccoli Frozen Cherry Juice Bar **Early Release**	20 *Fall Break*	21
		Sunbelt Ag. Expo		
24 **Breakfast** WG Breakfast Pizza Or WG Cereal/WG Toast/Jelly W/Fruit Cup/Apple Juice Milk **Lunch** Teriyaki Chicken Nuggets Or Hot Wings Steamed Carrots Black Eyed Peas WG Breadsticks Pear Slices	25 **Breakfast** Whole Wheat Sweet Roll Cheese Stick Or WG Cereal /WG Toast W/Apple Sauce Fruit Juice/Milk **Lunch** Spaghetti Or Egg Roll Niblet Corn Garden Salad w/Tomatoes WG Breadstick (1) Pineapple Chunks WG Chocolate Chip Cookie	26 **Breakfast** Steak Biscuit (WG) Mustard/Jelly Or WG Cereal/WG Biscuit/Jelly W/Chilled Peaches Orange Juice/Milk **Lunch** Chicken Fried Steak w/WG Roll Or WG Corn Dog Mashed Potatoes Green Beans Apple Sauce	27 **Breakfast** Breakfast Cup WG Cereal / WG Muffin W/Orange Slices Fruit Juice/Milk **Lunch** WG Pepperoni Pizza Or Nachos w/WG Chips Baked Beans Steamed Broccoli Banana	28 **Breakfast** Sausage Biscuit (WG) Mustard/Jelly Or WG Cereal/WG Biscuit/Jelly Fruit /Fruit Juice/Milk **Lunch** Cheeseburger on WG Bun Or Spicy Chicken Sandwich on WG Bun Potato Wedges Lettuce/Tom/Dill Spears Peaches
31 **Breakfast** Steak Biscuit (WG) Or WG Cereal/WG Biscuit/Jelly W/Mixed Fruit Cup Fruit Juice/Milk **Lunch** BBQ Sandwich on WG Bun Or Hot Wings w/WG Breadsticks Yam Patties Black Eyed Peas Pear Slices	Nov. 1 **Breakfast** WG Pancake Pup Or WG Cereal/WG Toast/Jelly W/Orange Sections Fruit Juice/Milk **Lunch** Beefaroni Or Egg Roll Niblet Corn Steamed Broccoli WG Breadstick (1) Pineapple Chunks WG Sugar Cookie	2 **Breakfast** Chicken Biscuit (WG) Mustard/Jelly Or WG Cereal/WG Biscuit/Jelly W/Grapes/Fruit Juice/Milk **Lunch** Chicken Strips w/WG Roll Or Hot Dog on WG Bun French Fries Green Peas Apple Sauce	3 **Breakfast** Sausage Egg Grab Wrap Or WG Cereal/WG Toast/Jelly W/Apple Slices/Fruit Juice/ Milk **Lunch** WG Cheese Pizza Or Nachos w/WG Chips Baked Beans Garden Salad w/Tomatoes Chilled Strawberries	4 **Breakfast** Ham Biscuit (WG) Mustard/Jelly Or WG Cereal/WG Biscuit W/Fruit Fruit Juice/Milk **Lunch** Hamburger on WG Bun Or WG Toasted Ham & Cheese Sandwich Potato Wedges Lettuce/Tom/Dill Spears Fruit Mix w/Cool Whip