

Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8
Schools Are Closed	IN-STAFF SERVICE DAY	IN-STAFF SERVICE DAY	WG Chicken Bites (#7103/ 5 pcs) Multi Bean Salad (3/4 c) Savory Sweet Fries (3/4 c)	WG Buffalo Pizza Brussels Sprouts (3/4 c) Spinach (3/4 c)
				6" Personal Round Pizza Brussels Sprouts (3/4 c) Spinach (3/4 c)
			Tuna Sub on a 6 " Sub Roll Multi Bean Salad (3/4 c) Savory Sweet Fries (3/4 c)	Turkey & Cheese Sandwich WGR Kaiser Roll Brussels Sprouts (3/4 c) Spinach (3/4 c)
			Black Bean Burger on a Whole Wheat Bun Multi Bean Salad (3/4 c) Savory Sweet Fries (3/4 c)	Veggie Burger on a Whole Wheat Bun Brussels Sprouts (3/4 c) Spinach (3/4 c)
			Tuna Salad W/Whole Wheat Dinner Roll	Crispy Chicken Salad W/Whole Wheat Dinner Roll
			Assorted Chilled Canned Fruit Assorted Fresh Fruit 1 Cup	Assorted Chilled Canned Fruit Assorted Fresh Fruit 1 Cup
			1% Milk Fat Free Chocolate/ Strawberry	1% Milk Fat Free Chocolate/ Strawberry

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Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15
Mini Cheese Burgers on W/Wheat Buns Shoe String Fries (3/4) Diced Carrots (3/4 c	Chicken Parm on a WGR Kaiser Roll Garbanzo Beans W/ Greens and Turkey Bacon (3/4 c) Green Beans (3/4)	Loaded Baked Potato (Turkey Taco Meat, & Cheese) Brussels Sprouts (3/4 c) Spinach (3/4 c)	Beef Hot Dog on a W/Wheat Bun Multi Bean Salad (3/4 c) Savory Sweet Fries (3/4 c)	Baked Chicken W/Wheat Dinner Roll Sweet Plantains (3/4 c) Collard Greens
Italian Sub Shoe String Fries (3/4) Diced Carrots (3/4)	Turkey & Cheese Sandwich WGR Kaiser Roll Garbanzo Beans W/ Greens and Turkey Bacon (3/4 c) Green Beans (3/4)	Hot Roast Beef & Swiss Cheese on a WGR Kaiser Roll Brussels Sprouts (3/4 c) Spinach (3/4 c)	Italian Sub Multi Bean Salad (3/4 c) Savory Sweet Fries (3/4 c)	Tuna Sub on a 6 “ Sub Roll Sweet Plantains (3/4 c) Collard Greens
Veggie Burger on a Whole Wheat Bun Shoe String Fries (3/4) Diced Carrots (3/4	Cheese Lasagna Whole Wheat Dinner Roll Garbanzo Beans W/ Greens and Turkey Bacon (3/4 c) Green Beans (3/4)	Bean & Cheese Wrap Brussels Sprouts (3/4 c) Spinach (3/4 c)	Black Bean Burger on a Whole Wheat Bun Multi Bean Salad (3/4 c) Savory Sweet Fries (3/4 c)	Veggie Burger on a Whole Wheat Bun Sweet Plantains (3/4 c) Collard Greens
Crispy Chicken Salad W/Whole Wheat Dinner Roll	Tuna Salad W/Whole Wheat Dinner Roll	Chicken Fajita Salad W/Whole Wheat Dinner Roll	Chef Salad W/Whole Wheat Dinner Roll	Crispy Chicken Salad W/Whole Wheat Dinner Roll
Assorted Chilled Canned Fruit Assorted Fresh Fruit 1 Cup	Assorted Chilled Canned Fruit Assorted Fresh Fruit 1 Cup	Assorted Chilled Canned Fruit Assorted Fresh Fruit 1 Cup	Assorted Chilled Canned Fruit Assorted Fresh Fruit 1 Cup	Assorted Chilled Canned Fruit Assorted Fresh Fruit 1 Cup
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Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22
Chicken Filet w/Roasted Peppers/ Provolone Cheese on a WGR Kaiser Roll Shoe String Fries (3/4) Diced Carrots (3/4)	Beef Honey BBQ Rib Patty on w W/Wheat Bun Garbanzo Beans W/ Greens and Turkey Bacon (3/4 c) Green Beans (3/4)	Breaded Chicken Wings (4 pcs) W/Wheat Dinner Roll Brussels Sprouts (3/4 c) Spinach (3/4 c)	SCHOOLS ARE CLOSED	WG Buffalo Pizza Sweet Plantains (3/4 c) Collard Greens
				6" Personal Round Pizza Sweet Plantains (3/4 c) Collard Greens
Italian Sub Shoe String Fries (3/4) Diced Carrots (3/4)	Turkey & Cheese Sandwich WGR Kaiser Roll Garbanzo Beans W/ Greens and Turkey Bacon (3/4 c) Green Beans (3/4)	<u>Hot</u> Roast Beef & Swiss Cheese on a WGR Kaiser Roll Brussels Sprouts (3/4 c) Spinach (3/4 c)		Tuna Sub on a 6 " Sub Roll Sweet Plantains (3/4 c) Collard Greens
Veggie Burger on a Whole Wheat Bun Shoe String Fries (3/4) Diced Carrots (3/4)	Vegetable Empanada Garbanzo Beans W/ Greens and Turkey Bacon (3/4 c) Green Beans (3/4)	Bean & Cheese Wrap Black Brussels Sprouts (3/4 c) Spinach (3/4 c)		Black Bean Burger on a Whole Wheat Bun Sweet Plantains (3/4 c) Collard Greens
Crispy Chicken Salad W/Whole Wheat Dinner Roll	Tuna Salad W/Whole Wheat Dinner Roll	Chicken Fajita Salad W/Whole Wheat Dinner Roll		Crispy Chicken Salad W/Whole Wheat Dinner Roll
Assorted Chilled Canned Fruit Assorted Fresh Fruit	Assorted Chilled Canned Fruit Assorted Fresh Fruit	Assorted Chilled Canned Fruit Assorted Fresh Fruit		Assorted Chilled Canned Fruit Assorted Fresh Fruit
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HIGH SCHOOL MENU 2016

September 25, 26, 27 28, 29

Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29
Mini Cheese Burgers on W/Wheat Buns Shoe String Fries (3/4) Diced Carrots (3/4)	WG Chicken Bites (#7103/ 5 pcs) W/Wheat Dinner Roll Green Beans (3/4 c) Sweet Potato Gems 3/4 c	Meatball Parm. Sub Brussels Sprouts (3/4 c) Spinach (3/4 c)	Cheese Steak W/ Peppers and Onions on a WGR Sub Roll Multi Bean Salad (3/4 c) Savory Sweet Fries (3/4 c)	WG Cheese Calzone 1 oz Cup Marinara Sauce Diced Carrots (3/4 c) Garbanzo Beans 3/4 c
Italian Sub Shoe String Fries (3/4) Diced Carrots (3/4)	Turkey & Cheese Sandwich WGR Kaiser Roll Garbanzo Beans W/ Greens and Turkey Bacon (3/4 c) Green Beans (3/4)	<u>Hot</u> Roast Beef & Swiss Cheese on a WGR Kaiser Roll Brussels Sprouts (3/4 c) Spinach (3/4 c)	Italian Sub Multi Bean Salad (3/4 c) Savory Sweet Fries (3/4 c)	Tuna Sub on a 6 “ Sub Roll Sweet Plantains (3/4 c) Collard Greens
Black Bean Burger on a Whole Wheat Bun Shoe String Fries (3/4) Diced Carrots (3/4)	WG Vegetable Pinwheel Garbanzo Beans W/ Greens and Turkey Bacon (3/4 c) Green Beans (3/4)	Bean & Cheese Wrap Brussels Sprouts (3/4 c) Spinach (3/4 c)	Veggie Burger on a Whole Wheat Bun Multi Bean Salad (3/4 c) Savory Sweet Fries (3/4 c)	Vegetable Empanada Sweet Plantains (3/4 c) Collard Greens Vegetable Empanada
Crispy Chicken Salad W/Whole Wheat Dinner Roll	Tuna Salad W/Whole Wheat Dinner Roll	Chicken Fajita Salad W/Whole Wheat Dinner Roll	Chef Salad W/Whole Wheat Dinner Roll	Crispy Chicken Salad W/Whole Wheat Dinner Roll
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