

# OCTOBER 2018

## High School

### MONDAY

See breakfast menu **1**

Tangerine Chicken  
Steamed Carrots  
Brown Rice  
Fruit, Milk

Alt: Daily Entrée Selection

### TUESDAY

See breakfast menu **2**

WG Chicken Nuggets  
Sliced Peppers &  
Cucumbers  
Fruit, Milk

Alt: Daily Entrée Selection

### WEDNESDAY

See breakfast menu **3**

Soft or Hard Taco  
w/Lettuce, Tomato,  
Bush's Taco Fiesta,  
Black Beans  
Fruit, Milk

Alt: Daily Entrée Selection

### THURSDAY

See breakfast menu **4**

Rodeo Burger  
on a WG Roll  
Crispy Fries  
Fruit, Milk

Alt: Daily Entrée Selection

### FRIDAY

See breakfast menu **5**

Chicken Alfredo  
Steamed Broccoli  
Fruit, Milk

Alt: Daily Entrée Selection

**NO SCHOOL** **8**

TEACHER IN-SERVICE



See breakfast menu **9**

French Toast Stix  
w/Syrup  
Sausage  
Tator Tots  
Fruit, Milk

Alt: Daily Entrée Selection

See breakfast menu **10**

**BULLDOG BOWL**  
Popcorn Chicken  
Corn, Mashed Potatoes  
Baby Carrots  
Fruit, Milk

Alt: Daily Entrée Selection

See breakfast menu **11**

BBQ on WG Roll  
Grilled Zucchini  
Baked Beans  
Fruit, Milk

Alt: Daily Entrée Selection

See breakfast menu **12**

Stuffed Shells  
w/Marinara Sauce  
Romaine Tossed Salad  
Sliced Veggies  
Fruit, Milk

Alt: Daily Entrée Selection

See breakfast menu **15**

Chicken Patty on  
WG Roll  
Steamed Broccoli  
Sweet Potato Fries  
Fruit, Milk

Alt: Daily Entrée Selection

See breakfast menu **16**

Salisbury Steak  
Sweet Peas  
Roasted Red Potatoes  
Fruit, Milk

Alt: Daily Entrée Selection

See breakfast menu **17**

Grilled BBQ Chicken  
Pierogies  
Applesauce  
Fruit, Milk

Alt: Daily Entrée Selection

See breakfast menu **18**

Walking Taco  
w/Lettuce, Tomato,  
Cheese  
Black Bean Salsa  
Fruit, Milk

Alt: Daily Entrée Selection

See breakfast menu **19**

Beef Rigatoni w/Sauce  
Spinach Salad  
WG Breadstick  
Fruit, Milk

Alt: Daily Entrée Selection

See breakfast menu **22**

Corn Dog  
Baby Carrots  
Baked Beans  
Soft Pretzel  
Fruit, Milk

Alt: Daily Entrée Selection

See breakfast menu **23**

Chicken Parmesan  
on WG Roll  
Steamed Broccoli  
Side of Pasta  
Fruit, Milk

Alt: Daily Entrée Selection

See breakfast menu **24**

Grilled Cheese  
Creamy Tomato Soup  
Cauliflower  
Goldfish Crackers  
Fruit, Milk

Alt: Daily Entrée Selection

See breakfast menu **25**

Chicken Nuggets  
Green Beans  
Smiley Fries  
Dinner Roll  
Fruit, Milk

Alt: Daily Entrée Selection

See breakfast menu **26**

Nachos Grande!  
Nachos w/Meat,  
Cheese, Lettuce,  
Tomato, Black Bean  
Salsa  
Fruit, Milk

Alt: Daily Entrée Selection

See breakfast menu **29**

Cheesesteak  
on WG Roll  
Sliced Cucumbers &  
Carrots w/Dip  
Fruit, Milk

Alt: Daily Entrée Selection

See breakfast menu **30**

**BULLDOG BOWL**  
Popcorn Chicken, Corn  
Mashed Potatoes  
Baby Carrots  
Fruit, Milk

Alt: Daily Entrée Selection

See breakfast menu **31**

Spooky Pasta  
w/Eyeballs (meatballs)  
Scarecrow Salad  
Frankenstein Bread  
Stix, Spooky Sundae  
Fruit, Milk

Alt: Daily Entrée Selection

**DID YOU KNOW...**  
October comes from the Latin  
word "octo" which means eight.

### School News

**WE NOW HAVE A SEPARATE BREAKFAST MENU! PLEASE LOOK AT THIS NEW MENU FOR YOUR BREAKFAST CHOICES.**

Breakfast: \$1.95  
Reduced Breakfast: \$0.30  
Lunch: \$2.90  
Reduced Lunch: \$0.40

Daily Entrée Selection:  
Pizza, Entrée Salads,  
Assorted Deli Sandwiches,  
Yogurt, Choice of Fresh  
Fruits and Steamed  
Vegetables

Guidelines for secondary  
students: milk, vegetables,  
fruit or 100% juices are  
offered at every meal;  
cereal, milk and 100% fruit  
juices are available every  
morning.

Menu is subject to availability  
and change without notice