

51% whole Grains  
 100% juice  
 MENU SUBJECT TO CHANGE

**POSITIVE EDUCATION PROGRAM**  
**K-8th Hot Lunch**  
**OCTOBER 2024**

THIS INSTITUTION IS AN  
 EQUAL OPPORTUNITY PROVIDER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	GRILLED CHICKEN ON WGR BUN 3/4 C ROASTED POTATOES 1/2 C APPLESAUCE MILK	WGR CHEESE PIZZA 3/4 COOKED CARROTS 1/2 C PEACHES MILK	CHICKEN CORN DOG 3/4 C BAKED BEANS 1/2 C MANDARIN ORANGES MILK	ORANGE CHICKEN OVER VEGIE FRIED RICE 3/4 C BROCCOLI 1/2 C MIXED FRUIT MILK
7	8	9	10	11
LASAGNA ROLL UP 1 SLC WGR BREAD 3/4 C GREEN BEANS FRESH APPLE MARGARINE MILK	CHICKEN PATTY WGR BUN 3/4 C BAKED BEANS 1/2 C APPLESAUCE MILK	WGR CHEESE PIZZA 3/4 C COOKED CARROTS 1/2 C PEACHES MILK	CHICKEN TENDERS & WAFFLES 3/4 C ROASTED POTATOES 1/2 C MANDARIN ORANGES MILK	IN-SERVICE NO STUDENTS
14	15	16	17	18
MAC & CHEESE 1 SLC WGR BREAD 3/4 C GREEN BEANS FRESH APPLE MARGARINE MILK	CHEESE & BEAN BURRITO 3/4 C CORN 1/2 C APPLESAUCE TACO SAUCE MILK	WGR CHEESE PIZZA 3/4 C COOKED CARROTS 1/2 C PEACHES MILK	SLOPPY JOE WGR BUN 3/4 C BROCCOLI 1/2 C MANDARIN ORANGES MILK	CHICKEN NUGGETS 1 SLC WGR BREAD 3/4 C BAKED BEANS 1/2 C MIXED FRUIT BBQ SAUCE MARGARINE MILK
21	22	23	24	25
PANCAKES W/TURKEY SAUSAGE 3/4 ROASTED POTATOES FRESH APPLE MILK	CHICKEN ALFREDO PASTA BAKE 3/4 C BROCCOLI 1/2 C APPLESAUCE MILK	WGR CHEESE PIZZA 3/4 C COOKED CARROTS 1/2 C PEACHES MILK	CHEESEBURGER WGR BUN 3/4 C BAKED BEANS 1/2 C MANDARIN ORANGES KETCHUP & MUSTARD MILK	IN-SERVICE NO STUDENTS
28	29	30	31	
PASTA & MEATBALL BAKE 3/4 C GREEN BEANS FRESH APPLE MILK	GRILLED CHICKEN ON WGR BUN 3/4 C ROASTED POTATOES 1/2 C APPLESAUCE MILK	WGR CHEESE PIZZA 3/4 COOKED CARROTS 1/2 C PEACHES MILK	CHICKEN CORN DOG 3/4 C BAKED BEANS 1/2 C MANDARIN ORANGES MILK	

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**SERVING SIZES:**  
 2 oz. of whole Grain, 2 oz. protien, 1/2 C Fruit or 1/2 C Fruit Juice,  
 3/4 C vegetable, 8oz. skim or 1% Milk  
 calories not to exceed 650, saturated fat not to exceed more then 10% weekly calories