

OCTOBER 2018 MIDDLE/HIGH MENU

FLAVORFUL SIDES WITH EVERY MEAL

Lunch includes a choice of 5 components: meat/meat alternate, bread/grain, fruit, vegetable, and skim or 1% milk. Students may take five, four, or three, which must include a fruit or vegetable serving.

MILK: White, Chocolate, & Strawberry Skim, and 1% White
SEASONAL FRESH FRUIT: May include Apples, Oranges, Bananas, Strawberries, Grapes, Pineapple, Pears, Cuties® or Halos®, or Kiwi

Breakfast



Each entrée is served with fruit, 100% juice, and milk

Monday	Pancake-Wrapped Sausage
Tuesday	Sausage/Biscuit/Gravy
Wednesday	Breakfast Pizza Choices
Thursday	Chicken/Biscuit/Gravy
Friday	Mini Cinnis or Pop Tart

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>8 Chicken Rings Dipping Sauces Creamy Mashed Potatoes Baby Lima Beans Freshly Baked Roll Apple Wedges Orange Smiles #TasteTest Crispy Baked Okra ♥</p>	<p>9 Chicken Pasta Carbonara Salad Italiano Seasoned Green Beans Italian Bread Chilled Pears #TasteTestTuesday 🍴 Taco Soup ♥</p>	<p>10 Chicken Tender Basket Country Gravy French Fries Celery & Baby Carrots Ranch Dip Texas Toast Fruit Cup #TasteTest Kale Salad ♥</p>	<p>11 Corn Dog Tater Tots Pick-Me-Up Veggie Cup Ranch Dip Baked Beans Strawberries & Bananas #TasteTest Totchos ♥</p>	<p>12 Pepperoni or Cheese Personal Pan Pizza Seasoned Corn Cool Spot Salad Fresh Fruit Fudge Bar #TasteTest Yogurt Dip with Apples ♥</p>
<p>15 Smokey BBQ Sliders Southern Potato Wedges Creamy Cole Slaw Cowboy Beans Fresh Fruit</p>	<p>16 Chicken & Noodles Steamed Broccoli Eat-Your-Colors Salad Peas & Carrots French Bread Sidekick Fruit Slushie</p>	<p>17 Cheesy Fries or Chili Cheese Fries Celery & Baby Carrots Ranch Dip Seasoned Corn Texas Toast Fresh Fruit Choices</p>	<p>18 Country Fried Beef Steak Country Gravy Mashed Potatoes Festive Fruit/Romaine Salad Black-Eyed Peas Southern Style Biscuit Fruit Crisp or Canned Fruit</p>	<p>19 Yang's Orange Chicken Fluffy Steamed Rice Cool Spot Salad Stir-Fry Veggies Freshly Baked Roll Pear Salad</p>
<p>22 Chicken Smackers Dipping Sauces Cheesy Mashed Potatoes Steamed Carrots Freshly Baked Roll Mixed Berries</p>	<p>23 Lasagna Caesar Salad Green Beans Italian Bread Chilled Peaches or Sliced Pears</p>	<p>24 PANCAKE PLATTER Scrambled Eggs Sausage Patty Hash Brown Pancakes with Syrup Chilled 100% Juice or Fresh Fruit</p>	<p>25 "In-Demand" Meat Loaf Mashed Potatoes Shades of Green Salad Green Beans or Navy Beans Freshly Baked Roll Ambrosia Fruit Salad</p>	<p>26 Bosco Cheese Sticks Marinara Sauce Seasoned Corn Veggie Tray Broccoli & Cheese Cool Peaches Mini Rice Krispies Treat</p>
<p>29 Chili Cheese Dog on Bun Tater Babies Cole Slaw Pick-Me-Up Veggie Cup Ranch Dip Fresh Fruit</p>	<p>30 Teriyaki Dippers Potato Smiles Celery & Baby Carrots Ranch Dip California Blend Veggies Bread Stick Honey-Lime Fruit Toss</p>	<p>31 Cheese Pizza or Pepperoni Pizza Seasoned Corn Emerald & Ruby Salad Peach Cup Pudding Choices</p>	<p>WCPS National School Lunch Week Celebration is October 8-12, 2018!</p>	



NOVEMBER 2018 MIDDLE/HIGH MENU

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Breakfast



Each entrée is served with fruit, 100% juice, and milk

Monday	Pancake-Wrapped Sausage
Tuesday	Sausage/Biscuit/Gravy
Wednesday	Breakfast Pizza Choices
Thursday	Chicken/Biscuit/Gravy
Friday	Mini Cinnis or Pop Tart

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Breakfast \$1.25
 Lunch \$2.25
 Reduced Breakfast \$1.30
 Reduced Lunch \$1.40
 Adult Visitor Lunch \$4.00
 Prepayments are appreciated!

- 5 Chicken Rings
- Dipping Sauces
- Creamy Mashed Potatoes
- Baby Lima Beans
- Freshly Baked Roll
- Apple Wedges
- Orange Smiles



- 7 Chicken Tender Basket
- Country Gravy
- French Fries
- Celery & Baby Carrots
- Ranch Dip
- Texas Toast
- Fruit Cup

- 1 Beef Rib-B-Que on Hoagie
- Roasted Red Potatoes
- Broccoli & Cranberry Salad
- Peas & Carrots
- Applesauce
- Indoor S'more

- 2 Fish Strips/Tartar Sauce
- Cheesy Mac & Cheese
- Mixed Greens
- Navy Beans
- Corn Bread Square
- Fruit Mix/Mandarin Oranges

- 12 Smokey BBQ Sliders
- Southern Potato Wedges
- Creamy Cole Slaw
- Cowboy Beans
- Fresh Fruit

- 13 Chicken & Noodles
- Steamed Broccoli
- Eat-Your-Colors Salad
- Peas & Carrots
- French Bread
- Sidekick Fruit Slushie

- 14 Cheesy Fries or Chili Cheese Fries
- Celery & Baby Carrots
- Ranch Dip
- Seasoned Corn
- Texas Toast
- Fresh Fruit Choices

- 15 HARVEST FEAST
- Roast Turkey & Dressing
- Or Baked Ham
- Creamy Mashed Potatoes
- Cool Spot Salad
- Green Beans
- Freshly Baked Roll

- 16 Yang's Orange Chicken
- Fluffy Steamed Rice
- Cool Spot Salad
- Stir-Fry Veggies
- Freshly Baked Roll
- Pear Salad

- 19 Chicken Smackers
- Cheesy Mashed Potatoes
- Steamed Carrots
- Freshly Baked Roll
- Mixed Berries

- 20 Lasagna
- Caesar Salad
- Green Beans
- Italian Bread
- Chilled Peaches or Pears

Happy Thanksgiving

- 26 Chili Cheese Dog on Bun
- Tater Babies
- Cole Slaw
- Pick-Me-Up Veggie Cup
- Ranch Dip
- Fresh Fruit

- 27 Teriyaki Dippers
- Potato Smiles
- Celery & Baby Carrots
- Ranch Dip
- California Blend Veggies
- Bread Stick
- Honey-Lime Fruit Toss

- 28 Cheese Pizza or Pepperoni Pizza
- Seasoned Corn
- Emerald & Ruby Salad
- Peach Cup
- Pudding Choices

- 29 Beef Rib-B-Que on Hoagie
- Roasted Red Potatoes
- Broccoli & Cranberry Salad
- Peas & Carrots
- Applesauce
- Indoor S'more

- 30 Fish Strips/Tartar Sauce
- Cheesy Mac & Cheese
- Mixed Greens
- Navy Beans
- Corn Bread Square
- Fruit Mix/Mandarin Oranges
- Mini Rice Krispies Treat

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Menus are subject to change due to circumstances beyond our control.

