

This institution is an equal opportunity provider. Menus are subject to change.

MENUS FOR OCTOBER 2024

Tuesday, October 1

Breakfast
Grilled Ham
With Fried Rice
Fruit/Fruit Smoothie

Lunch
Chicken Burger
Green Salad with Cucumber
Carrots with Dressing
Fruit

Secondary Second Choice
Vegilicious Salad
Ham/Hard Boiled Eggs
WGR Penne Pasta
Fruit

Wednesday, October 2

Breakfast
Pan de Sal w/ Egg & Cheese
Fruit/Fruit Smoothie

Lunch
Grilled Ham Steak
Steamed Rice
Texas BBQ Beans
Red Bell Pepper
Green Beans
Fruit

Secondary Second Choice
Chicken Pad Thai
Red Bell Pepper
Green Beans
Fruit

Thursday, October 3

Breakfast
Sausage Links
Steamed Rice
Fruit/Fruit Smoothie

Lunch
Beef Lasagna
Garlic Cauliflower & Spinach
Fruit

Secondary Second Choice
Vegilicious Salad
Ham/Hard Boiled Eggs
WGR Penne Pasta
Fruit

Friday, October 4

Breakfast
French Toast with Syrup
Sausage
Fruit

Lunch
Oven Fried Chicken
Red Rice
Corn & Local Vegetables
Flavored Milk
Fruit

Secondary Second Choice
Korean Chicken Bowl
Steamed Rice
Corn & Local Vegetables
Fruit

**SCHOOL LUNCH PIRATES
FIND YOUR TREASURE!
OCTOBER 14-18, 2024**

2024 NATIONAL SCHOOL LUNCH WEEK

Monday, October 7

Breakfast
Assorted Cereal
Fruit

Lunch
Buffalo Chicken Wrap
Corn & Cucumber Succotash
Fruit

Tuesday, October 8

Breakfast
Garlic Fried Rice
with Chicken Nuggets
Fruit/Fruit Smoothie

Lunch
Sloppy Joes
Broccoli
Sweet Potato Fries
Fruit

Secondary Second Choice
Taco Salad
Lentil Taco Meat/Lentils
WGR Tortilla/Tortilla Chips
Fruit

Wednesday, October 9

Breakfast
Mac & Cheese
Fruit/Fruit Smoothie

Lunch
Pork Curry
Steamed Rice
Potatoes
Carrots
Fruit

Secondary Second Choice
Chicken Pancit Canton
Carrots & Cabbage
Fruit

Thursday, October 10

Breakfast
Ham & Egg Scramble
with Steamed Rice
Fruit

Lunch
Pepperoni Pizza
Green Salad with Cucumbers
& Dressing
Lentils
Fruit

Secondary Second Choice
Taco Salad
Lentil Taco Meat/Lentils
WGR Tortilla/Tortilla Chips
Fruit

Friday, October 11

Breakfast
Pancakes with Syrup
Bacon
Fruit

Lunch
Chicken Adobo
Steamed Rice
Pumpkin & Local Vegetables
Flavored Milk
Fruit

Secondary Second Choice
Kimchi Fried Rice
w/ Chicken Bowl
Pumpkin & Local Vegetables
Fruit

FUN, FUN, FUN! (& FOOD)

Wednesday October 16, 2024
Korean Braised Beef

Thursday October 17, 2024
Chicken Cacciatore

**NATIONAL SCHOOL LUNCH WEEK
OCTOBER 14-18, 2024**

Monday, October 14

**Commonwealth Cultural Day
No Public School**

Breakfast
Assorted Cereal
Fruit

Lunch
Thai Beef Noodle Bowl
Red Bell Peppers
Mixed Vegetables
Fruit

Tuesday, October 15

Breakfast
Ham & Cheese Roll
Fruit/Fruit Smoothie

Lunch
Marianas BBQ Burger
Sandwich Sides
Potato Wedges
Fruit

Secondary Second Choice
Vegilicious Salad
Ham/Hard Boiled Eggs
WGR Penne Pasta
Fruit

Wednesday, October 16

Breakfast
Breakfast Burrito
Fruit/Fruit Smoothie

Lunch
Korean Braised Beef
Green Bell Peppers & Onions
Steamed Rice
Carrots
Fruit

Secondary Second Choice
Chicken Kelaguen w/ Titiyas
Carrot Sticks & Cucumber Sticks
w/ Dip
Fruit

Thursday, October 17

Breakfast
Fried Rice with Portuguese Sausage
Fruit/Fruit Smoothie

Lunch
Chicken Cacciatore
WGR Roll
Garden Salad w/ Tomatoes & Dressing
Spanish Chickpeas
Fruit

Secondary Second Choice
Vegilicious Salad
Ham/Hard Boiled Eggs
WGR Penne Pasta
Fruit

Friday, October 18

Breakfast
French Toast w/ Syrup & Sausage
Fruit

Lunch
Kung Pao Chicken
Steamed Rice
Sesame Broccoli & Local Vegetables
Flavored Milk
Fruit

Secondary Second Choice
Beef Broccoli
Steamed Rice
Bean Sprouts
Fruit



TRICK.

No matter the time of year, a big old bucket, bag, or pillow case full of all-you-can-eat sugar is never a treat -- for kids or adults. For those who feel they MUST collect candy, pick out a couple of favorite pieces and then toss the rest.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!



What's on **YOUR** plate?

What's orange, sweet, AND good for you?

Sweet potatoes are naturally sweet, candy-colored veggies. And they're fun to make, too! Mash two baked sweet potatoes with a tablespoon of olive oil, a couple tablespoons of OJ, and half a teaspoon of a spice called garam masala (Google it!). Try this sweet, healthy treat in October, and you'll want to gobble it all winter long!



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, October 21

Breakfast
Assorted Cereal
Fruit

Lunch
Orange Chicken
Steamed Rice
Pacific Blend Vegetables
Fruit

Tuesday, October 22

Breakfast
French Toast Casserole
w/ Berry Sauce
Sausage Patty
Fruit/Fruit Smoothie

Lunch
Subway Sandwich with Honey Onion
Dressing on WGR Bun
Sandwich Sides
Carrot Sticks w/ Ranch Dip
Fruit

Secondary Second Choice
Taco Salad
Lentil Taco Meat/Lentils
WGR Tortilla/Tortilla Chips
Fruit

Wednesday, October 23

Breakfast
Grilled Cheese
Fruit/Fruit Smoothie

Lunch
Beef Steak with
Green Peas & Onions
Red Rice
Broccoli
Fruit

Secondary Second Choice
Banh Mi Sandwich
Pickled Carrots & Radish
Broccoli
Fruit

Thursday, October 24

Breakfast
Ground Beef &
Veggie Omelet
Steamed Rice
Fruit/Fruit Smoothie

Lunch
Chicken Alfredo Penne Pasta
Garden Salad with Carrots & Dressing
Lentils
Fruit

Secondary Second Choice
Taco Salad
Lentil Taco Meat/Lentils
WGR Tortilla/Tortilla Chips
Fruit

Friday, October 25

Breakfast
Pancakes with Syrup
Bacon
Fruit

Lunch
BBQ Chicken
Red Rice
Local Vegetables
Corn
Flavored Milk
Fruit

Secondary Second Choice
Breaded Chicken Bowl
with Mashed Potatoes & Gravy
Corn
WGR Roll
Fruit

Monday, October 28

Breakfast
Assorted Cereal
Fruit

Lunch
Chicken Lo Mein
Carrots
Broccoli
Fruit

Tuesday, October 29

Breakfast
Grilled Ham
With Fried Rice
Fruit/Fruit Smoothie

Lunch
Chicken Burger
Green Salad with Cucumber
Carrots with Dressing
Fruit

Secondary Second Choice
Vegilicious Salad
Ham/Hard Boiled Eggs
WGR Penne Pasta
Fruit

Wednesday, October 30

Breakfast
Pan de Sal w/ Egg & Cheese
Fruit/Fruit Smoothie

Lunch
Grilled Ham Steak
Steamed Rice
Texas BBQ Beans
Red Bell Pepper
Green Beans
Fruit

Secondary Second Choice
Chicken Pad Thai
Red Bell Pepper
Green Beans
Fruit

Thursday, October 31

Breakfast
Sausage Links
Steamed Rice
Fruit/Fruit Smoothie

Lunch
Beef Lasagna
Garlic Cauliflower & Spinach
Fruit

Secondary Second Choice
Vegilicious Salad
Ham/Hard Boiled Eggs
WGR Penne Pasta
Fruit

**STAY
ALERT
& BE
SAFE!**



**YOU NEVER
KNOW WHAT
YOU MIGHT
RUN INTO
OUT THERE!**

OUR NATION'S HISTORY

October brings the 120th renewal of the Baseball World Series. One of the greatest hitters ever, Ted Williams of the Boston Red Sox, only played in the World Series once during his long career from 1939 to 1960. During the prime of his career, however, Williams spent the better part of five baseball seasons serving as a fighter pilot in World War II and the Korean War, flying dozens of combat missions and earning 3 Air Medals.

WITH LIBERTY & JUSTICE FOR ALL

