

2	3	4	5	6
Chicken Patty on a WG Bun Goldfish Crackers Baby Carrots Pickled Beets Fresh or Chilled Fruit	Cheeseburger on a WG Bun Goldfish Crackers Baked Beans Steamed Green Beans Fresh or Chilled Fruit	Taco Salad Seasoned Brown Rice Whole Kernel Corn Cucumber Slices Fresh or Chilled Fruit	Pizza Freshly Made Caesar Salad Carrot Sticks Fresh or Chilled Fruit	No School Staff Development Day
9	10	11	12	13
No School Columbus Day	Seasoned Chicken Mashed Potato Homemade WW Roll Baked Beans Steamed Carrots Fresh or Chilled Fruit	Spaghetti w/ Meat Sauce Homemade WW Garlic Bread Steamed Broccoli Fresh or Chilled Fruit	Teriyaki Chicken Dippers Baked French Fries Homemade WG Roll Sautéed Zucchini & Summer Squash Fresh or Chilled Fruit	Pizza Freshly Made Caesar Salad Carrot Sticks Fresh or Chilled Fruit
16	17	18	19	20
Chicken Nuggets Mashed Potato Homemade WW Roll Cucumber Slices Fresh or Chilled	Cheeseburger on a WG Bun Goldfish Crackers Baked Beans Steamed Carrots Fresh or Chilled Fruit	Turkey & Cheese on a WG Flat Bread Baked French Fries Lettuce Tomato Squash Fresh or Chilled Fruit	Chicken Caesar Salad Baked Potato Homemade WW Roll Steamed Green Beans Fresh or Chilled Fruit	Pizza Broccoli Florets Celery Sticks Fresh or Chilled Fruit
23	24	25	26	27
Macaroni & Cheese Homemade WW Roll Butternut Squash Broccoli Florets w/LF Dip Fresh or Chilled Fruit	BBQ Ribs on a WG Roll Goldfish Crackers Baked Beans Steamed Green Beans Fresh or Chilled Fruit	American Chop Suey Homemade WW Roll Steamed Mixed Veggies Fresh or Chilled Fruit	Chicken Fajita in a WW Tortilla Season Rice Whole Kernel Corn Fresh or Chilled Fruit	Pizza Freshly Made Caesar Salad Carrot Sticks Fresh or Chilled Fruit
30	31	  <b>OCTOBER</b> <b>WMRHS</b> <b>Menu 2017</b>		
BBQ Pork Ribs on WW Bun Goldfish Crackers Baby Carrots Pickled Beets Fresh or Chilled Fruit	Cheeseburger on a WG Bun Goldfish Crackers Baked Beans Whole Kernel Corn Fresh or Chilled Fruit			

All meals are subject to change without notice.

Go to [ezschoolpay.com](http://ezschoolpay.com) to pay online for student meals!

school  
breakfast  
program

Assorted WG Bagels,  
Hot Breakfast Items Or

Cereal & Muffin

Served with:

Fresh and/or Chilled Fruit,

Or Juice

Milk

Salad Meal and Assorted  
Sandwich Meals are served  
with two vegetables, two  
fruits, and milk



USDA is an  
equal  
opportunity  
provider and  
employer

**A Choice of skim,  
low fat, nonfat  
chocolate milk is  
offered with all  
meals.**