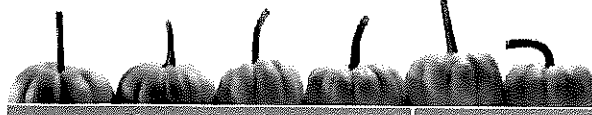


# Oct Lunch Menu 2022



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|---------|-----------|----------|--------|
|--------|---------|-----------|----------|--------|

3 Chicken Caesar Wrap & Pasta Salad  
Fresh Fruit/Veggies  
Milk

4 Taco Tuesday (Chicken)  
WG Rice & Beans  
Fresh Fruit/Veggies  
Milk

5 Chili  
WG Chips  
Fresh Fruit/Veggies  
Milk

6 Chicken Patty  
Sweet Potato Fries  
Fresh Fruit/Veggies  
Milk

7 Pizza!  
Cheese /Hamburger  
Roasted Chic Peas  
Fresh Fruit &Milk

10 **NO SCHOOL**  
**Indigenous**  
**People Day**

11 Bacon Cheese Burgers  
WG Chips  
Fresh Fruit/Veggies  
Milk

12 **Fire Prevention Day**  
Haddock Bites  
French Fries  
Fresh Fruit/Veggies  
Milk

13 BBQ Pulled Pork Sandwich  
Onion Rings  
Fresh Fruit/Veggies  
Milk

14 Pizza!  
Cheese/Pepperoni  
Roasted Chickpeas  
Fresh Fruit/Veggies  
Milk

17 Chicken Bacon Ranch Sandwich  
WG Chips  
Fresh Fruit/Veggies  
Milk

18 Taco Tuesday! (Beef)  
WG Rice & Beans  
Fresh Fruit/Veggies  
Milk

19 Chop Suey  
WG Garlic Bread  
Fresh Fruit/Veggies  
Milk

20 Chicken Tenders  
French Fries  
Fresh Fruit/Veggies  
Milk  
**11:30 Dismissal**  
**P-T Conferences**

21 Pizza!  
Cheese / Hawaiian  
Roasted Chickpeas  
Fresh Fruit/Veggies  
Milk

24 Hot Dogs WG Roll  
French Fries  
Fresh Fruit/Veggies  
Milk  
School Committee 5 PM

25 Ham & Cheese Croissant  
WG Chips  
Fresh Fruit/Veggies  
Milk

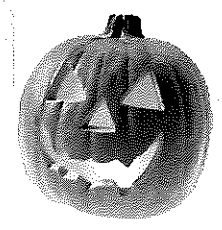
26 Turkey Bacon Wraps  
WG Pasta Salad  
Fresh Fruit/Veggies  
Milk

27 Chicken Pot Pie  
WG Dinner Roll  
Fresh Fruit/Veggies  
Milk

28 Pizza!  
Cheese / Bacon  
Roasted Chickpeas  
Fresh Fruit/Veggies  
Milk

31 Grilled Cheese & Soup  
Fresh Fruit/Veggies  
Milk

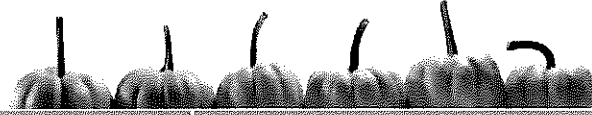
**Student \$0.00**  
**Adult \$4.00**  
**Milk Only \$0.40**



An alternative entrée will be served each day.

This Institution is an equal opportunity provider.

# Oct Breakfast Menu 2022



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|---------|-----------|----------|--------|
|--------|---------|-----------|----------|--------|

3  
Homemade Muffins  
Fresh Fruit  
Cheese Stick  
Milk

4  
Cereal Bars  
Fresh Fruit  
Yogurt  
Milk

5  
Parfait  
Fresh Fruit  
WG Cheez-Its  
Milk

6  
Breakfast  
Sandwiches  
Fresh Fruit  
Milk

7  
Warm Bagel w/  
Cream Cheese  
Fresh Fruit  
Milk

10  
**NO SCHOOL**  
**Indigenous**  
**People Day**

11  
Breakfast Pizza  
Fresh Fruit  
Goldfish  
Milk

12  
Parfait  
Fresh Fruit  
WG Cheez-Its  
Milk

13  
Breakfast  
Sandwiches  
Fresh Fruit  
Milk

14  
Warm Bagel w/  
Cream Cheese  
Fresh Fruit  
Milk

17  
Homemade Muffins  
Fresh Fruit  
Cheese Stick  
Milk

18  
Cereal Bars  
Fresh Fruit  
Yogurt  
Milk

19  
Parfait  
Fresh Fruit  
WG Cheez-Its  
Milk

20  
Breakfast  
Sandwiches  
Fresh Fruit  
Milk

21  
Warm Bagel w/  
Cream Cheese  
Fresh Fruit  
Milk

24  
Homemade Muffins  
Fresh Fruit  
Cheese Stick  
Milk

25  
Breakfast Pizza  
Fresh Fruit  
Goldfish  
Milk

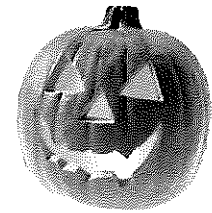
26  
Parfait  
Fresh Fruit  
WG Cheez-Its  
Milk

27  
Breakfast  
Sandwiches  
Fresh Fruit  
Milk

28  
Warm Bagel w/  
Cream Cheese  
Fresh Fruit  
Milk

31  
Homemade Muffins  
Fresh Fruit  
Cheese Stick  
Milk

**Student \$0.00**  
**Adult \$2.50**  
**Milk Only \$0.40**



An alternative entrée will be served each day.

This Institution is an equal opportunity provider.