

WES October 2017 Breakfast

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|-------------------------------------|--|---|---|---|-----|
| 1 MILK OFFERED DAILY *= WHOLE GRAIN | 2 *Pancakes Cereal Fruit | 3 *Muffin Cereal Fruit | 4 *Biscuits Cereal Fruit | 5 Scrambled Eggs Cereal Fruit | 6 Sausage Links and Hashbrowns Cereal Fruit | 7 |
| 8 | 9 *Pop tarts Cereal Fruit | 10 *French Toast Cereal Fruit | 11 *Pancake & Sausage on a stick Cereal Fruit | 12 *Waffle Sticks Cereal Fruit | 13 Yogurt Cereal Fruit | 14 |
| 15 | 16 *Pancakes Cereal Fruit | 17 *Muffin Cereal Fruit | 18 *Biscuits Cereal Fruit | 19 Scrambled Eggs Cereal Fruit | 20 NO SCHOOL | 21 |
| 22 | 23 *Pop tarts Cereal Fruit | 24 *French Toast Cereal Fruit | 25 *Pancake & Sausage on a stick Cereal Fruit | 26 *Waffle Sticks Cereal Fruit | 27 Yogurt Cereal Fruit | 28 |
| 29 | 30 *Pancakes Cereal Fruit | 31 *Muffin Cereal Fruit HAPPY HALLOWEEN | | | | |

WES October 2017 Lunch

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|--|---|---|--|-----|
| 1 MILK OFFERED DAILY *= WHOLE GRAIN | 2 *Breakfast Burritos Hash Browns Celery Green Peppers Fruit | 3 *Chicken Strips Au Gratin Potatoes Broccoli Break Stick Fruit | 4 Chili Tossed Salad Cucumbers *Cinnamon Roll Fruit | 5 *Super Nachos Rice Refried Beans Carrot Sticks Fruit | 6 Beef and *Noodles Corn Broccoli Salad Roll Fruit | 7 |
| 8 | 9 Steak Fingers Mash Potatoes Broccoli *Roll Fruit | 10 *Cowboy Cavatini Green Beans Celery Fruit | 11 Hotdogs *Bun Fries Cucumbers Fruit | 12 BBQ meatballs Tossed Salad Corn *Bread stick Fruit | 13 *Sweet & Sour chicken nuggets Rice Carrot Sticks Corn Fruit | 14 |
| 15 | 16 *Chicken fried steak Mash potatoes Peas Fruit | 17 Taco soup *Chips & Tomato Salsa Green Peppers Roll Fruit | 18 Salisbury Steak Mash potatoes Corn Broccoli *Peanut butter Bar Fruit | 19 *Grilled Chicken Sandwiches Green Beans Cucumbers Fruit | 20 NO SCHOOL | 21 |
| 22 | 23 Pulled Pork *Sandwich Cole Slaw Green Beans Fruit | 24 Ham & Turkey *Wraps Broccoli Salad Celery & Peanut Butter Fruit | 25 *Taco Salad Wraps Carrot Sticks Mixed Veggies Bread Stick Fruit | 26 *Spaghetti w/ Meat Sauce Corn Cucumbers Fruit | 27 *Mini Meatball Subs Green Beans Fries Fruit | 28 |
| 29 | 30 Taco Salad *Tortilla Chips & Salsa Refried Beans Fruit Cinnamon Puff | 31 *Cheese Pizza Green Peppers Carrots Fruits HAPPY HALLOWEEN | | | | |

