

October

LUNCH AND BREAKFAST

2022



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|---|---|--|----------|
| TK-6- \$2.50 lunch \$2.00 breakfast 7-12- \$\$2.75 lunch \$2.00 breakfast | | | | | | 1 |
| 2 | 3 Fried chicken, mac and cheese, green beans and fresh veggies Cereal, fruit and toast | 4 Nachos, tossed salad, fruit, refried beans and fresh veggies French toast | 5 Turkey pita, pretzels, yogurt, and fruit Cereal, fruit and toast | 6 6th grade choice Cheese zombies, roasted veg and fruit Breakfast pizza | 7 Chicken strips, macaroni salad, fresh veggies and fruit Cereal, fruit and toast | 8 |
| 9 | 10 Orange chicken, rice, roasted veggies and fruit Cereal, fruit and toast | 11 Pasta and meat sauce, corn, garlic bread, fruit and fresh veggies Breakfast bagels | 12 Cheesy bread w/marinara sauce, Caesar salad, fruit Cereal, fruit and toast | 13 Popcorn chicken, coleslaw, fries, fruit and fresh veggies Muffins and yogurt | 14 Chicken patty /bun tomato and lettuce, fries, fruit and veg Cereal, fruit and toast | 15 |
| 16 | 17 Burritos, chili and cheese, fruit and fresh veggies Cereal, fruit and toast | 18 Noodle soup, sandwiches, fruit and fresh veggies Breakfast burritos | 19 Quesadillas, beans and rice, fruit and fresh veggies Cereal, fruit and toast | 20 Waffles, sausage links, scrambled eggs, juice, and hash browns breakfast sand., fruit | 21 Pepperoni rippers, Caesar salad, fruit and fresh veggies Cereal, fruit and toast | 22 |
| 23 | 24 Deli sandwich, jo-jo's, fruit and fresh veggies Cereal, fruit and toast | 25 Chicken enchiladas, green beans, fruit and fresh veggies Pancakes, sausage | 26 Pizza, Caesar salad, fruit and fresh veggies Cereal, fruit and toast | 27 Chicken alfredo, bread sticks, roasted veggies, fruit French toast, sausage | 28 Fried chicken, mashed potatoes, corn, fruit and fresh veggies Cereal, fruit and toast | 29 |
| 30 | 31 Very scary tomato soup, wicked grilled cheese, fruit and veg Cereal, fruit and toast | | | | | |

THE WILBUR SCHOOL DISTRICT IS AN EQUAL OPPORTUNITY EMPLOYER
ALL MEALS INCLUDE A ½ PINT OF MILK AND FRESH FRUIT AND OR VEGETABLE