



Monday

Tuesday

Wednesday

Thursday

Friday

Monday, October 2

WG Turkey & Swiss Sandwich
Green Beans
Pickles
Orange Slices
Mayo & Mustard Packet

Tuesday, October 3

WG Ranch Chicken Wrap
Peas
Baked Beans
Applesauce

Wednesday, October 4

Caesar Salad w/ Chicken
Croutons & Breadstick
Lemony Chickpea Salad
Pear Slices

Thursday, October 5

WG Sunbutter & Jelly Sandwich
Corn Salad
Celery
Melon

Friday, October 6

Southwest Salad w/ Chicken
Tortilla Chips & Breadstick
Baby Carrots
Red Pepper Strips
Fruit Salad CHP

Monday, October 9

WG Turkey & Swiss Sandwich
Baby Carrots
Baked Beans
Apple Slices
Mayo & Mustard Packet

Tuesday, October 10

WG Ranch Chicken Wrap
Greek Cucumber Salad
Chickpeas
Orange Slices

Wednesday, October 11

Caesar Salad w/ Chicken
Croutons & Breadstick
Honey Carrots
Pear Slices

Thursday, October 12

WG Sunbutter & Jelly Sandwich
Cauliflower, Raw
Black Bean & Corn Salad
Pineapple

Friday, October 13

Southwest Salad w/ Chicken
Tortilla Chips & Breadstick
Peas, Cold
Cucumber Slices
Melon

Monday, October 16

WG Turkey & Swiss Sandwich
Baby Carrots
GF/DF/EF Coleslaw
Orange Slices
Mayo & Mustard Packet

Tuesday, October 17

WG Ranch Chicken Wrap
Corn Salad
Seasoned Black Beans
Pear Slices

Wednesday, October 18

Caesar Salad w/ Chicken
Croutons & Breadstick
Red Pepper Strips
Apple Slices

Thursday, October 19

WG Sunbutter & Jelly Sandwich
Squash Medley
Baked Beans
Melon

Friday, October 20

Southwest Salad w/ Chicken
Tortilla Chips & Breadstick
Baby Carrots
Celery
Fruit Salad CHP

Monday, October 23

WG Turkey & Swiss Sandwich
Baby Carrots
Three Bean Salad
Applesauce
Mayo & Mustard Packet

Tuesday, October 24

WG Ranch Chicken Wrap
Cucumber Salad
Red Pepper Strips
Apple Slices

Wednesday, October 25

Caesar Salad w/ Chicken
Croutons & Breadstick
Honey Carrots
Pear Slices

Thursday, October 26

WG Sunbutter & Jelly Sandwich
Corn Salad
Seasoned Black Beans
Pineapple

Friday, October 27

Southwest Salad w/ Chicken
Tortilla Chips & Breadstick
Broccoli
GF/DF/EF Coleslaw
Fruit Salad CHP

CHP= Cantaloupe, Honeydew, Pineapple
WG= Whole Grain

A La Carte-Cold Lunch

October 2023