

# August 2018

Type Your School Name Here

**BREAKFAST**



SERVED DAILY: MILK, ORANGE JUICE,  
FRUIT AND CONDIMENTS AS NEEDED.



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

**Monday**



NO SCHOOL

6

Mini Strawberry Bagel  
Assorted Cereal

13

Mini Maple Pancakes  
Assorted Cereal

20

Blueberry Waffles  
Assorted Cereal

27

**Tuesday**



NO SCHOOL

7

Chicken Croissant  
Assorted Pop Tarts  
w/ Graham Crackers

14

Biscuit & Gravy  
Assorted Pop Tarts  
w/ Graham Crackers

21

Sausage Biscuit  
Assorted Pop Tarts  
w/ Graham Crackers

28

**Wednesday**

NO SCHOOL

1

Yogurt w/ Granola  
Assorted Pop Tarts  
w/ Graham Crackers

15

Oats & Honey Bar  
Assorted Cereal

22

Muffins  
Assorted Cereal

29

**Thursday**

NO SCHOOL

2

Ham, Egg, Cheese Wrap  
Assorted Pop Tarts  
w/ Graham Crackers

16

Breakfast Pizza  
Assorted Pop Tarts  
w/ Graham Crackers

23

Yogurt w/ Granola  
Assorted Pop Tarts  
w/ Graham Crackers

30

**Friday**

NO SCHOOL

3

Assorted Pop Tarts  
w/ Goldfish  
Assorted Cereal

10

Cinnamon Rolls  
Assorted Cereal

17

Cinnamon Rolls  
Assorted Cereal

24





# August 2018

Type Your School Name Here

## LUNCH



SERVED DAILY: MILK, FRUIT, AND  
CONDIMENTS AS NEEDED.



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

Monday



NO SCHOOL

6

Chicken Nuggets  
Mash Potatoes  
Steamed Broccoli

13

Stuff Crust Pizza  
Broccoli Bowl  
Side Salad

20

Hamburger  
Fries  
Lettuce/Tomato

27

Tuesday



NO SCHOOL

7

Hamburger  
Fries  
Lettuce/Tomato

14

Sloppy Joe  
Fries  
Carrot Sticks

21

Shepherd's Pie  
Roll  
Broccoli

28

Wednesday



NO SCHOOL

1

Beef Nacho  
Tortilla Chips  
WGR Cookie  
Lettuce  
Corn

15

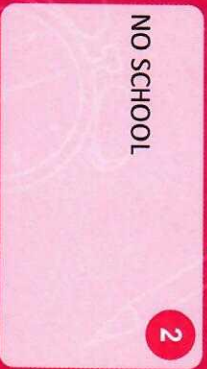
Burrito  
Black Beans  
Corn  
Lettuce

22

Taco Salad  
Tortilla Chips  
Corn  
Lettuce

29

Thursday



NO SCHOOL

2

Chicken Noodle  
Roll  
Steamed Peas  
Steamed Carrots

16

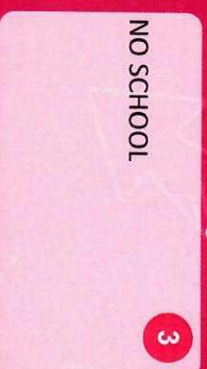
Salisbury Steak  
Roll  
Mash Potatoes  
Green Beans

23

Chicken Alfredo  
Garlic Bread  
Green Beans  
Side Salad

30

Friday



NO SCHOOL

3

Stuff Crust Pizza  
Side Salad  
Broccoli

10

Corn Dog  
Mac & Cheese  
Carrot Sticks  
Baked Beans

17

Sub Sandwich  
Doritos  
Carrot Sticks  
Lettuce/Tomato

24





# September 2018

Type Your School Name Here

## BREAKFAST



SERVED DAILY: MILK, FRUIT, ORANGE JUICE, AND CONDIMENTS AS NEEDED.



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



### Monday

NO SCHOOL

3



Blueberry Waffles  
Assorted Cereal

24

### Tuesday

Breakfast Burrito  
Assorted Pop Tarts  
w/ Graham Crackers

4

Mini Strawberry Bagel  
Assorted Cereal

10

Chicken Croissant  
Assorted Pop Tarts  
w/ Graham Crackers

11

Sausage Biscuit  
Assorted Pop Tarts  
w/ Graham Crackers

25

Mini Maple Pancakes  
Assorted Cereal

17

Biscuit & Gravy  
Assorted Pop Tarts  
w/ Graham Crackers

18

Pancake Pup  
Assorted Cereal

5

Yogurt w/ Granola  
Assorted Pop Tarts  
w/ Graham Crackers

12

Muffins  
Assorted Cereal

26

Oats & Honey Bar  
Assorted Cereal

19

Dutch Waffle  
Assorted Pop Tarts  
w/ Graham Crackers

6

Ham, Egg, Cheese Wrap  
Assorted Pop Tarts  
w/ Graham Crackers

13

Yogurt w/ Granola  
Assorted Pop Tarts  
w/ Graham Crackers

27

Breakfast Pizza  
Assorted Pop Tarts  
w/ Graham Crackers

20

Cinnamon Roll  
Assorted Cereal

7

Cinnamon Roll  
Assorted Cereal

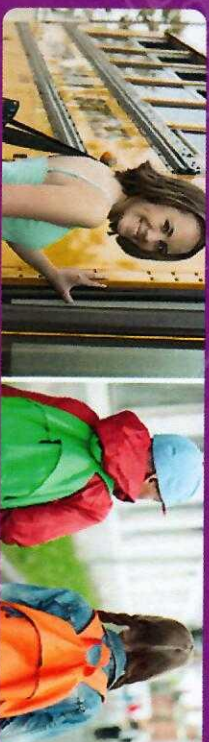
14

Cinnamon Roll  
Assorted Cereal

21

Cinnamon Roll  
Assorted Cereal

28





# September 2018

Type Your School Name Here

## LUNCH



SERVED DAILY: MILK, FRUIT, AND  
CONDIMENTS AS NEEDED.



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods.  
Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



**Monday**

NO SCHOOL

3

**Tuesday**

Mrs. B's Pasta  
Garlic Bread  
Green Beans  
Side Salad

4

**Wednesday**

Quesadilla  
Black Beans  
Corn  
Lettuce

5

**Thursday**

Stuff Crust Pizza  
Broccoli Bowl  
Side Salad

6

**Friday**

Cheesy Chicken  
Tortilla Chips  
Black Beans  
Lettuce

7

Chicken Nuggets  
Mash Potatoes  
Steamed Broccoli

10

Hamburger  
Fries  
Lettuce/Tomato

11

Beef Nacho  
Tortilla Chips  
Lettuce  
Corn  
Cookie

12

Chicken Noodle  
Roll  
Steamed Peas  
Steamed Carrots

13

Corn Dog  
Mac & Cheese  
Carrot Sticks  
Baked Beans

14

Stuff Crust Pizza  
Broccoli Bowl  
Side Salad

17

Sloppy Joe  
Fries  
Carrot Sticks

18

Burrito  
Black Beans  
Corn  
Lettuce

19

Salisbury Steak  
Roll  
Mash Potatoes  
Green Beans

20

Sub Sandwich  
Doritos  
Carrot Sticks  
Lettuce/Tomato

21

Hamburger  
Fries  
Lettuce/Tomato

24

Shepherd's Pie  
Roll  
Broccoli Bowl

25

Taco Salad  
Tortilla Chips  
Corn  
Lettuce

26

Chicken Alfredo  
Garlic Bread  
Green Beans  
Side Salad

27

Hot Dog  
Doritos  
Baked Beans  
Carrot Sticks

28





# October 2018

Type Your School Name Here

## BREAKFAST



SERVED DAILY: FRUIT, ORANGE JUICE,  
MILK, AND CONDIMENTS.



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Breakfast Pizza  
Assorted Cereal

1

Tuesday

Breakfast Burrito  
Assorted Pop Tart  
w/ Graham Cracker

2

Wednesday

Pancake Pup  
Assorted Cereal

3

Thursday

Dutch Waffle  
Assorted Pop Tart  
w/ Graham Cracker

4

Friday

NO SCHOOL

5

Mini Strawberry Bagel  
Assorted Cereal

8

Chicken Croissant  
Assorted Pop Tart  
w/ Graham Cracker

9

Assorted Pop Tart  
w/ Graham Cracker

10

Ham, Egg, Cheese Wrap  
Assorted Pop Tart  
w/ Graham Cracker

11

Cinnamon Roll  
Assorted Cereal

12

Mini Maple Pancakes  
Assorted Cereal

15

Biscuit & Gravy  
Assorted Pop Tart  
w/ Graham Cracker

16

Oats & Honey Bar  
Assorted Cereal

17

Breakfast Pizza  
Assorted Pop Tart  
w/ Graham Cracker

18

Cinnamon Roll  
Assorted Cereal

19

Blueberry Waffles  
Assorted Cereal

22

Sausage Biscuit  
Assorted Pop Tart  
w/ Graham Cracker

23

Muffins  
Assorted Cereal

24

Yogurt w/ Granola  
Assorted Pop Tart  
w/ Graham Cracker

25

FALL BREAK

26

FALL BREAK

29

Breakfast Burrito  
Assorted Pop Tart  
w/ Graham Cracker

30

Pancake Pup  
Assorted Cereal

31





# October 2018

Type Your School Name Here

## LUNCH



SERVED DAILY: MILK, FRUIT, AND  
CONDIMENTS.



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods.  
Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



### Monday

1 Chicken Sandwich  
Fries  
Lettuce/Tomato

8 Chicken Nuggets  
Mash Potatoes  
Steamed Broccoli

15 Stuff Crust Pizza  
Broccoli Bowl  
Side Salad

22 Hamburger  
Fries  
Lettuce/Tomato

29 NO SCHOOL  
FALL BREAK

### Tuesday

2 Mrs. B's Pasta  
Garlic Bread  
Green Beans  
Side Salad

9 Hamburger  
Fries  
Lettuce/Tomato

16 Sloppy Joe  
Fries  
Carrot Sticks

23 Shepherd's Pie  
Roll  
Broccoli Bowl

30 Mrs. B's Pasta  
Garlic Bread  
Green Beans  
Side Salad

### Wednesday

3 Quesadilla  
Black Beans  
Corn  
Lettuce

10 Beef Nacho  
Tortilla Chips  
Lettuce  
Corn  
WGR Cookie

17 Burrito  
Black Beans  
Corn  
Lettuce

24 Taco Salad  
Tortilla Chips  
Corn  
Lettuce

31 Quesadilla  
Black Beans  
Corn  
Lettuce

### Thursday

4 Stuff Crust Pizza  
Broccoli Bowl  
Side Salad

11 Chicken Noodle  
Steamed Peas  
Steamed Carrots  
Roll

18 Salisbury Steak  
Mash Potatoes  
Green Beans  
Roll

25 Chicken Alfredo  
Garlic Bread  
Green Beans  
Side Salad

### Friday

5 NO SCHOOL

12 Corn Dog  
Mac & Cheese  
Carrot Sticks  
Baked Beans

19 Sub Sandwich  
Doritos  
Carrot Sticks  
Lettuce/Tomato

26 NO SCHOOL  
FALL BREAK





# November 2018

Type Your School Name Here

**BREAKFAST**



SERVED DAILY: MILK, FRUIT, ORANGE JUICE, AND CONDIMENTS AS NEEDED.



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



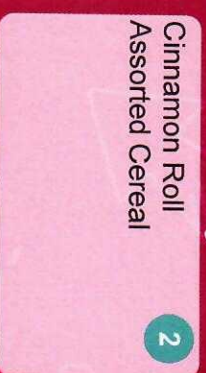
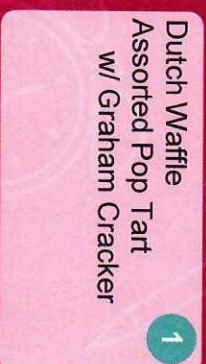
**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



Mini Strawberry Bagel **5**  
Assorted Cereal

Chicken Croissant **6**  
Assorted Pop Tart  
w/ Graham Cracker

Assorted Pop Tart **7**  
w/ Graham Cracker

Ham, Egg, Cheese Wrap **8**  
Assorted Pop Tart  
w/ Graham Cracker

Cinnamon Roll **9**  
Assorted Cereal

Mini Maple Pancakes **12**  
Assorted Cereal

Biscuit & Gravy **13**  
Assorted Pop Tart  
w/ Graham Cracker

Oats & Honey Bar **14**  
Assorted Cereal

Breakfast Pizza **15**  
Assorted Pop Tart  
w/ Graham Cracker

Cinnamon Roll **16**  
Assorted Cereal

NO SCHOOL **19**  
THANKSGIVING BREAK

NO SCHOOL **20**  
THANKSGIVING BREAK

NO SCHOOL **21**  
THANKSGIVING BREAK

NO SCHOOL **22**  
THANKSGIVING BREAK

NO SCHOOL **23**  
THANKSGIVING BREAK

Blueberry Waffle **26**  
Assorted Cereal

Sausage Biscuit **27**  
Assorted Pop Tart  
w/ Graham Cracker

Muffins **28**  
Assorted Cereal

Yogurt w/ Granola **29**  
Assorted Pop Tart  
w/ Graham Cracker

Cinnamon Roll **30**  
Assorted Cereal



# November 2018

Type Your School Name Here

## LUNCH



SERVED DAILY: MILK, FRUIT, AND  
CONDIMENTS AS NEEDED.



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods.  
Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

Monday

Tuesday

Wednesday

Thursday

Friday



Chicken Nuggets  
Mash Potatoes  
Steamed Broccoli

5

Hamburger  
Fries  
Lettuce/Tomato

6

Beef Nacho  
Tortilla Chips  
Corn  
Lettuce  
WGR Cookie

7

Chicken Noodle  
Roll  
Steamed Peas  
Steamed Carrots

8

Corn Dog  
Mac & Cheese  
Carrot Sticks  
Baked Beans

9

Stuffed Crust Pizza  
Broccoli Bowl  
Side Salad

12

Sloppy Joe  
Fries  
Carrot Sticks

13

Burrito  
Black Beans  
Corn  
Lettuce

14

Salisbury Steak  
Roll  
Mash Potatoes  
Green Beans

15

Sub Sandwich  
Doritos  
Carrot Sticks  
Lettuce/Tomato

16

NO SCHOOL  
THANKSGIVING BREAK

19

NO SCHOOL  
THANKSGIVING BREAK

20

NO SCHOOL  
THANKSGIVING BREAK

21

NO SCHOOL  
THANKSGIVING BREAK

22

NO SCHOOL  
THANKSGIVING BREAK

23

Hamburger  
Fries  
Lettuce/Tomato

26

Shepherd's Pie  
Roll  
Broccoli Bowl

27

Taco Salad  
Tortilla Chips  
Corn  
Lettuce

28

Chicken Alfredo  
Garlic Bread  
Green Beans  
Side Salad

29

Hot Dog  
Doritos  
Baked Beans  
Carrot Sticks

30



# December 2018

Type Your School Name Here

**BREAKFAST**



SERVED DAILY: MILK, FRUIT, ORANGE JUICE, AND CONDIMENTS AS NEEDED.



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.

Monday

Breakfast Pizza  
Assorted Cereal **3**

Mini Strawberry Bagel  
Assorted Cereal **10**

Mini Maple Pancakes  
Assorted Cereal **17**

CHRISTMAS BREAK  
NO SCHOOL **24**

CHRISTMAS BREAK  
NO SCHOOL **31**

Tuesday

Breakfast Burrito  
Assorted Pop Tarts  
w/ Graham Cracker **4**

Chicken Croissant  
Assorted Pop Tarts  
w/ Graham Cracker **11**

Biscuit & Gravy  
Assorted Pop Tarts  
w/ Graham Cracker **18**

CHRISTMAS BREAK  
NO SCHOOL **25**

Wednesday

Pancake Pup  
Assorted Cereal **5**

Yogurt w/ Granola  
Assorted Pop Tarts  
w/ Graham Cracker **12**

Oats & Honey Bar  
Assorted Cereal **19**

CHRISTMAS BREAK  
NO SCHOOL **26**

Thursday

Dutch Waffle  
Assorted Pop Tarts  
w/ Graham Cracker **6**

Ham, Egg, Cheese Wrap  
Assorted Pop Tarts  
w/ Graham Cracker **13**

Breakfast Pizza  
Assorted Pop Tarts  
w/ Graham Cracker **20**

CHRISTMAS BREAK  
NO SCHOOL **27**

Friday

Cinnamon Roll  
Assorted Cereal **7**

Cinnamon Roll  
Assorted Cereal **14**

EARLY RELEASE!!  
Cinnamon Roll  
Assorted Cereal **21**

CHRISTMAS BREAK  
NO SCHOOL **28**





# December 2018

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## LUNCH



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CONDIMENTS AS NEEDED.**



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**Monday**

Chicken Sandwich  
Fries  
Lettuce/Tomato

3

**Tuesday**

Mrs. B's Pasta  
WGR Garlic Bread  
Green Beans  
Side Salad

4

**Wednesday**

Quesadilla  
Black Beans  
Corn  
Lettuce

5

**Thursday**

Stuff Crust Pizza  
Broccoli Bowl  
Side Salad

6

**Friday**

Cheesy Chicken  
Tortilla Chips  
Black Beans  
Lettuce

7

Chicken Filet  
Mash Potatoes  
Steamed Broccoli

10

Hamburger  
Fries  
Lettuce/Tomato

11

Beef Nacho  
Tortilla Chips  
Lettuce  
Corn  
WGR Cookie

12

Chicken Noodle  
Steamed Peas  
Steamed Carrots  
WGR Roll

13

Corn Dog  
Mac & Cheese  
Carrot Sticks  
Baked Beans

14

Stuff Crust Pizza  
Side Salad  
Broccoli Bowl

17

Sloppy Joe  
Fries  
Carrot Sticks

18

Burrito  
Black Beans  
Corn  
Lettuce

19

Salisbury Steak  
Mash Potatoes  
Green Beans  
WGR Roll

20

Sub Sandwich  
Doritos  
Carrot Sticks  
Lettuce/Tomato

21

CHRISTMAS BREAK  
NO SCHOOL

24

CHRISTMAS BREAK  
NO SCHOOL

25

CHRISTMAS BREAK  
NO SCHOOL

26

CHRISTMAS BREAK  
NO SCHOOL

27

CHRISTMAS BREAK  
NO SCHOOL

28

CHRISTMAS BREAK  
NO SCHOOL

31

