

**Name : September 2022 MTS Secondary Grades 7 & 8 Lunch Menu**      **Options Provided : Hot, Hot Vegetarian, Cold Meals & Deli Salads**  
**Age Group : 6-8 Grades**      **Meal : Lunch**      **Meal Pattern : NSLP**

<b>Week V</b>	Chef Spotlight - Barbara Reinhold (Administrative Coordinator)		Thursday, September 1, 2022	Friday, September 2, 2022
	<b>Who said cooking is for eating?</b>			
Hot Meal	Some of my favorite recipes are not actually for eating. This <b>HOMEMADE SILLY PUTTY RECIPE</b> is among one of my favorites. Who can resist the fun toy in the plastic egg that has annual sales that exceeds six million eggs around the world?			
	Cooking is about having the confidence to try new things. So Cooking is like science, you experiment with ingredients until you find or make the thing you want.			
Hot Veg	- Barb			
Cold	Chef Barb's recipe for 'Homemade Silly Putty' is on Page 2			

<b>Week VI</b>	Monday, September 5, 2022	Tuesday, September 6, 2022	Wednesday, September 7, 2022	Thursday, September 8, 2022	Friday, September 9, 2022
Hot Meal		<b>"New" Roasted Curry Chicken Drumstick</b> Old Fashioned Biscuit Assorted Salad Bar Tropical Fruit Mix Choice Milk	<b>Cheeseburger</b> Fresh Bakery Bun & Ketchup Assorted Salad Bar Banana Ranch Doritos & Choice Milk	<b>Spicy Chicken Fritters w/ Ranch</b> Sweet Chili Doritos Assorted Salad Bar Summer Grapes Choice Milk	<b>Fresh Hot Pizza</b> Assorted Salad Bar Crisp Apple Choice Milk
Hot Veg		<b>Creamy Mac &amp; Cheese</b>	<b>Garden Cheeseburger</b>	<b>Cheese Quesadilla</b>	<b>Fresh Hot Cheese Pizza</b>
Cold		<b>Honey Mustard Chicken Bun</b>	<b>Turkey Bun w/Mayo</b>	<b>Chicken Caesar Wrap</b>	<b>Grilled Chicken &amp; Cheese Bun</b>

<b>Week I</b>	Monday, September 12, 2022	Tuesday, September 13, 2022	Wednesday, September 14, 2022	Thursday, September 15, 2022	Friday, September 16, 2022
Hot Meal	<b>All Beef Hot Dog</b> WG Bun, Ketchup & Mustard Cool Ranch Doritos Assorted Salad Bar Variety Applesauce & Choice Milk	<b>General Tso's Chicken</b> Steamed Seasoned Brown Rice Assorted Salad Bar Tropical Fruit Mix Choice Milk	<b>"New" Creamy Chicken Pasta</b> Top with Chopped Fresh Parsley Soft Dinner Roll & Assorted Salad Bar Banana Choice Milk	<b>Burrito Bowl</b> Brown Rice topped w/Seasoned Beef Cheese & Youza Sauce Assorted Salad Bar & Summer Grapes Animal Crackers & Choice Milk	<b>Fresh Hot Pizza</b> Assorted Salad Bar Crisp Apple Choice Milk
Hot Veg	<b>Grilled Cheese Sandwich</b>	<b>Stuffed Breadstick w/ Sauce</b>	<b>Smothered Garden Patty w/ WG Rolls</b>	<b>Cheese Quesadilla</b>	<b>Fresh Hot Cheese Pizza</b>
Cold	<b>Woubutter &amp; Jelly Sandwich</b>	<b>Honey Mustard Chicken Bun</b>	<b>Turkey Bun w/Mayo</b>	<b>Chicken Caesar Wrap</b>	<b>Grilled Chicken &amp; Cheese Bun</b>

<b>Week II</b>	Monday, September 19, 2022	Tuesday, September 20, 2022	Wednesday, September 21, 2022	Thursday, September 22, 2022	Friday, September 23, 2022
Hot Meal	<b>New" BBQ Beef Sandwich</b> Hot Cheetos Assorted Salad Bar Variety Applesauce Choice Milk	<b>"New" Chicken Tinga Walking Taco</b> Frito Corn Chips, Seasoned Chicken, Fresh Cilantro & Crema Assorted Salad Bar Tropical Fruit Mix Mini Wafers & Choice Milk	<b>Meatball Sub w/Mozzarella</b> Cool Ranch Doritos Assorted Salad Bar Banana Choice Milk	<b>Brunch Lunch</b> Buttermilk Pancakes & Syrup Scrambled Eggs w Cheese Assorted Salad Bar & Summer Grapes Choice Milk	<b>Fresh Hot Pizza</b> Assorted Salad Bar Crisp Apple Choice Milk
Hot Veg	<b>BBQ Garden Burger</b>	<b>Creamy Mac &amp; Cheese</b>	<b>Veggie Lasagna Roll</b>	<b>Buttermilk Pancakes &amp; Syrup w/Scrambled Eggs</b>	<b>Fresh Hot Cheese Pizza</b>
Cold	<b>Woubutter &amp; Jelly Sandwich</b>	<b>Honey Mustard Chicken Bun</b>	<b>Turkey Bun w/Mayo</b>	<b>Chicken Caesar Wrap &amp; Animal Crackers</b>	<b>Grilled Chicken &amp; Cheese Bun</b>

<b>Week III</b>	Monday, September 26, 2022	Tuesday, September 27, 2022	Wednesday, September 28, 2022	Thursday, September 29, 2022	Friday, September 30, 2022
Hot Meal	<b>Spicy Chicken Nuggets w/ Ketchup</b> Sweet Chili Doritos Assorted Salad Bar Variety Applesauce Choice Milk	<b>Cheesy Lasagna Roll</b> WG Garlic Dinner Roll Assorted Salad Bar Tropical Fruit Mix Choice Milk	<b>Good Ole Fashioned Hamburger</b> w/Lettuce, Ketchup & Mustard Cool Ranch Doritos Assorted Salad Bar Banana & Choice Milk	<b>Mandarin Orange Chicken</b> Steamed Brown Rice Assorted Salad Bar Summer Grapes Choice Milk	<b>Fresh Hot Pizza</b> Assorted Salad Bar Crisp Apple Choice Milk
Hot Veg	<b>Cheese Hot Pocket w/ Italian Dip</b>	<b>Veggie Lasagna Roll</b>	<b>Cheese Quesadilla</b>	<b>Bean &amp; Cheese Burrito</b>	<b>Fresh Hot Cheese Pizza</b>
Cold	<b>Woubutter &amp; Jelly Sandwich</b>	<b>Honey Mustard Chicken Bun</b>	<b>Turkey Bun w/Mayo</b>	<b>Chicken Caesar Wrap</b>	<b>Grilled Chicken &amp; Cheese Bun</b>

<b>Deli Salads</b> <i>(Vegetarian choices come with eggs in the place of chicken)</i>	<b>Grilled Chicken Caesar Salad</b> Chicken Breast served on a bed of Romaine, Spinach, Cucumbers, Tomatoes, Peas & topped with Parmesan cheese & Caesar salad dressing	<b>Grilled Chicken Asian Salad</b> Asian Salad drizzled with Sesame dressing and topped with Chow Mein and cooked Chicken Breast. WG Roll added to complete the WG requirement	<b>Grilled Chicken SW Taco Salad</b> Youza Sauce and Corn chips add a Southwest dimension to this salad of Romaine, LCR mix, Pinto bean and Corn. Chicken Breast completes the salad as a wholesome meal.	<b>Grilled Chicken Bistro Salad</b> Bistros are simple, casual and informal restaurants. Bistro salads carry that essence, with simple but hearty Romaine and Spinach salad, along with Chicken Breast & WG Roll.	<b>Grilled Chicken Power Green Salad</b> Powerful greens like Kale and Spinach raise the bar on this super green salad, with craisins bedazzling the look. Chicken Breast takes protein part, with WG roll for grains.
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\*\*\* Hot Veg and Cold meals are served with vegetables, fruit of the day & milk.  
 \*\*\* Deli Salad choices offered everyday (Both Regular & Vegetarian options available. All deli salads come with fruit and milk)

\* Skim and 1% milk choices offered daily.  
 \* All Bread/Bread Products/Chips/Tortillas listed in the menu are Whole-grain products.  
 \* All Rice/Rice Products listed in the menu are Whole-grain brown rice products.

**Homemade Silly Putty - Recipe**

<p><b>Ingredients</b></p> <ul style="list-style-type: none"> <li>* Large Bowl, fork / small silicone spatula</li> <li>* 1 cup Corn Starch</li> <li>* ½ cup Dish soap</li> <li>* 1 tbsps Baby oil/Cooking oil</li> <li>* 3 drops of Food coloring</li> </ul>	<p><b>Steps :</b></p> <ol style="list-style-type: none"> <li>1. Use the fork/spatula to mix the corn starch + dish soap in the large bowl.</li> <li>2. Add oil and food coloring, mix with fork/spatula.</li> <li>3. Now for the science part --- use your hands to knead the putty until it is smooth.</li> <li>4. The putty will last about an hour – if you want to save some for later seal it in an air-tight container.</li> </ol>
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**October 2022 Menu (Subject to Change)**

Week IV	Monday, October 3, 2022	Tuesday, October 4, 2022	Wednesday, October 5, 2022	Thursday, October 6, 2022	Friday, October 7, 2022
	<b>Queso Meatball Sub</b>	<b>Brunch Lunch</b>	<b>"New" Greek Nachos</b> ****(Student Favorite)****	<b>Spicy Chicken Patty Sandwich</b>	<b>Fresh Hot Pizza</b>
Hot Meal	WG Bun & Cilantro Nacho Chz Doritos Assorted Salad Bar Variety Applesauce & Choice Milk	French Toast Sticks & Syrup Assorted Salad Bar Tropical Fruit Mix Choice Milk	Seasoned Meat, Corn Tortilla Chips Tatziki Sauce Assorted Salad Bar & Banana Cinnamon Goldfish & Choice Milk	Bakery Bun, Ketchup & Mayo Flamas & Assorted Salad Bar Summer Grapes Choice Milk	Assorted Salad Bar Crisp Apple Choice Milk
Hot Veg	<b>Garden Cheeseburger</b>	<b>French Toast Sticks &amp; Syrup</b>	<b>Warm Cheesy Nachos</b>	<b>Cheese Quesadilla</b>	<b>Fresh Hot Cheese Pizza</b>
Cold	<b>Woubutter &amp; Jelly Sandwich</b>	<b>Honey Mustard Chicken Bun</b>	<b>Turkey Bun w/Mayo</b>	<b>Chicken Caesar Wrap</b>	<b>Grilled Chicken &amp; Cheese Bun</b>
Week V	Monday, October 10, 2022	Tuesday, October 11, 2022	Wednesday, October 12, 2022	Thursday, October 13, 2022	Friday, October 14, 2022
	<b>Mozzarella Burger</b>	<b>Creamy Mac &amp; Cheese</b>	<b>Sesame Chicken</b>	<b>Walking Taco</b>	<b>Fresh Hot Pizza</b>
Hot Meal	WG Bakery Bun & Ketchup Cool Ranch Doritos Assorted Salad Bar Variety Applesauce & Choice Milk	Wg Roll Assorted Salad Bar Tropical Fruit mix Vanilla Wafers & Choice Milk	Steamed Seasoned Rice Assorted Salad Bar Banana Choice Milk	Nacho Chz Doritos, Seasoned Beef w/ Shredded Chz, Cilantro & Cholula Hot Sauce Assorted Salad Bar & Summer Grapes Choice Milk	Assorted Salad Bar Crisp Apple Choice Milk
Hot Veg	<b>Mozzarella Veggie Burger</b>	<b>Creamy Mac &amp; Cheese</b>	<b>Cheese Hot Pocket w/ Italian Dip</b>	<b>Cheese Quesadilla</b>	<b>Fresh Hot Cheese Pizza</b>
Cold	<b>Woubutter &amp; Jelly Sandwich</b>	<b>Honey Mustard Chicken Bun</b>	<b>Turkey Bun w/Mayo</b>	<b>Chicken Caesar Wrap &amp; Goldfish Pretzels</b>	<b>Grilled Chicken &amp; Cheese Bun</b>
Week VI	Monday, October 17, 2022	Tuesday, October 18, 2022	Wednesday, October 19, 2022	Thursday, October 20, 2022	Friday, October 21, 2022
	<b>Golden Corn Dog w/ Ketchup</b>	<b>"New" Roasted Curry Chicken Drumstick</b>	<b>Cheeseburger</b>	<b>Spicy Chicken Fritters w/ Ranch</b>	<b>Fresh Hot Pizza</b>
Hot Meal	Hot Cheetos Assorted Salad Bar Variety Applesauce Choice Milk	Old Fashioned Biscuit Assorted Salad Bar Tropical Fruit Mix Choice Milk	Fresh Bakery Bun & Ketchup Assorted Salad Bar Banana Ranch Doritos & Choice Milk	Sweet Chili Doritos Assorted Salad Bar Summer Grapes Choice Milk	Assorted Salad Bar Crisp Apple Choice Milk
Hot Veg	<b>Pizza Crunchers &amp; Italian Dip</b>	<b>Creamy Mac &amp; Cheese</b>	<b>Garden Cheeseburger</b>	<b>Cheese Quesadilla</b>	<b>Fresh Hot Cheese Pizza</b>
Cold	<b>Woubutter &amp; Jelly Sandwich</b>	<b>Honey Mustard Chicken Bun</b>	<b>Turkey Bun w/Mayo</b>	<b>Chicken Caesar Wrap</b>	<b>Grilled Chicken &amp; Cheese Bun</b>

\* Skim and 1% milk choices offered daily.  
\* All Bread/Bread Products/Chips/Tortillas listed in the menu are Whole-grain products.  
\* All Rice/Rice Products listed in the menu are Whole-grain brown rice products.

<b>Name : September 2022 MTS Secondary Grades 9-12 Lunch Menu</b>		<b>Options Provided : Hot, Hot Vegetarian, Cold Meals &amp; Deli Salads</b>	
<b>Age Group : 9-12</b>		<b>Meal : Lunch</b>	
		<b>Meal Pattern : NSLP</b>	

<b>Week V</b>	Chef Spotlight - Barbara Reinhold (Administrative Coordinator)		Thursday, September 1, 2022	Friday, September 2, 2022
Hot Meal	<b>Who said cooking is for eating?</b>			
	Some of my favorite recipes are not actually for eating. This HOMEMADE SILLY PUTTY RECIPE is among one of my favorites. Who can resist the fun toy in the plastic egg that has annual sales that exceeds six million eggs around the world?			
	Cooking is about having the confidence to try new things. So Cooking is like science, you experiment with ingredients until you find or make the thing you want.			
Hot Veg	- Barb			
Cold	Chef Barb's recipe for 'Homemade Silly Putty' is on Page 2			

<b>Week VI</b>	Monday, September 5, 2022	Tuesday, September 6, 2022	Wednesday, September 7, 2022	Thursday, September 8, 2022	Friday, September 9, 2022
Hot Meal		<b>"New" Roasted Curry Chicken Drumstick</b> Old Fashioned Biscuit w/ Margarine PC Mashed Potatoes & Assorted Salad Bar Tropical Fruit Mix 100% Fruit Juice Box & Choice Milk	<b>Cheeseburger</b> Fresh Bakery Bun & Ketchup Assorted Salad Bar Bananas Ranch Doritos & Choice Milk	<b>Spicy Chicken Fritters w/ Ranch</b> Sweet Chili Doritos Assorted Salad Bar Summer Grapes 100% Fruit Juice Box & Choice Milk	<b>Fresh Hot Pizza</b> Assorted Salad Bar Large Crisp Apple Choice Milk Elf Grahams
	Hot Veg	<b>Creamy Mac &amp; Cheese w/ WG Crackers</b>	<b>Garden Cheeseburger</b>	<b>Cheese Quesadilla</b>	<b>Fresh Hot Cheese Pizza</b>
Cold	<b>Honey Mustard Chicken Bun</b>	<b>Turkey Bun w/Mayo</b>	<b>Chicken Caesar Wrap &amp; Honey Grahams</b>	<b>Grilled Chicken &amp; Cheese Bun</b>	

<b>Week I</b>	Monday, September 12, 2022	Tuesday, September 13, 2022	Wednesday, September 14, 2022	Thursday, September 15, 2022	Friday, September 16, 2022
Hot Meal	<b>All Beef Hot Dog</b> WG Bun, Ketchup & Mustard Cool Ranch Doritos Assorted Salad Bar & Variety Applesauce 100% Juice Box & Choice Milk	<b>General Tso's Chicken</b> WG Roll & Steamed Seasoned Brown Rice Assorted Salad Bar Tropical Fruit Mix 100% Fruit Juice Box & Choice Milk	<b>"New" Creamy Chicken Pasta</b> Top with Chopped Fresh Parsley Soft Dinner Rolls & Assorted Salad Bar Bananas Elf Grahams & Choice Milk	<b>Burrito Bowl</b> Brown Rice topped w/Seasoned Beef Chz, Corn Salsa, Lettuce & Youza Sauce Assorted Salad Bar & Summer Grapes 100% Fruit Juice Box, Animal Crackers & Choice Milk	<b>Fresh Hot Pizza</b> Assorted Salad Bar Large Crisp Apple Choice Milk Cinnamon Goldfish
	Hot Veg	<b>Grilled Cheese Sandwich</b>	<b>Stuffed Breadstick w/ Sauce</b>	<b>Smothered Garden Patty w/ WG Rolls</b>	<b>Fresh Hot Cheese Pizza</b>
Cold	<b>Wowbutter &amp; Jelly Sandwich</b>	<b>Honey Mustard Chicken Bun</b>	<b>Turkey Bun w/Mayo</b>	<b>Chicken Caesar Wrap</b>	<b>Grilled Chicken &amp; Cheese Bun</b>

<b>Week II</b>	Monday, September 19, 2022	Tuesday, September 20, 2022	Wednesday, September 21, 2022	Thursday, September 22, 2022	Friday, September 23, 2022
Hot Meal	<b>New" BBQ Beef Sandwich</b> Hot Cheetos Assorted Salad Bar Variety Applesauce 100% Juice Box & Choice Milk	<b>"New" Chicken Tinga Walking Taco</b> Frito Corn Chips, Seasoned Chicken, Fresh Cilantro & Crema Assorted Salad Bar Tropical Fruit Mix & 100% Fruit Juice Box Mini Wafers & Choice Milk	<b>Meatball Sub w/Mozzarella</b> Cool Ranch Doritos Assorted Salad Bar Bananas Choice Milk	<b>Brunch Lunch</b> Buttermilk Pancakes & Syrup Scrambled Eggs w Cheese Assorted Salad Bar & Summer Grapes 100% Fruit Juice Box & Choice Milk	<b>Fresh Hot Pizza</b> Assorted Salad Bar Large Crisp Apple Choice Milk Honey Grahams
	Hot Veg	<b>BBQ Garden Burger</b>	<b>Veggie Lasagna Roll &amp; WG Rolls</b>	<b>Buttermilk Pancakes &amp; Syrup w/Scrambled Eggs</b>	<b>Fresh Hot Cheese Pizza</b>
Cold	<b>Wowbutter &amp; Jelly Sandwich</b>	<b>Honey Mustard Chicken Bun</b>	<b>Turkey Bun w/Mayo</b>	<b>Chicken Caesar Wrap &amp; Animal Crackers</b>	<b>Grilled Chicken &amp; Cheese Bun</b>

<b>Week III</b>	Monday, September 26, 2022	Tuesday, September 27, 2022	Wednesday, September 28, 2022	Thursday, September 29, 2022	Friday, September 30, 2022
Hot Meal	<b>Spicy Chicken Nuggets w/ Ketchup</b> Sweet Chili Doritos Assorted Salad Bar Variety Applesauce 100% Juice Box & Choice Milk	<b>Cheesy Lasagna Roll</b> WG Garlic Dinner Roll Assorted Salad Bar Tropical Fruit Mix Granola Bites & 100% Fruit Juice Box & Choice Milk	<b>Good Ole Fashioned Hamburger</b> w/Lettuce, Ketchup & Mustard Cool Ranch Doritos Assorted Salad Bar Bananas & Choice Milk	<b>Mandarin Orange Chicken</b> WG Roll & Steamed Brown Rice Assorted Salad Bar Summer Grapes & 100% Fruit Juice Box Cinnamon Goldfish & Choice Milk	<b>Fresh Hot Pizza</b> Assorted Salad Bar Large Crisp Apple Choice Milk Elf Grahams
	Hot Veg	<b>Cheese Hot Pocket w/ Italian Dip</b>	<b>Veggie Lasagna Roll</b>	<b>Cheese Quesadilla</b>	<b>Bean &amp; Cheese Burrito</b>
Cold	<b>Wowbutter &amp; Jelly Sandwich</b>	<b>Honey Mustard Chicken Bun</b>	<b>Turkey Bun w/Mayo</b>	<b>Chicken Caesar Wrap</b>	<b>Grilled Chicken &amp; Cheese Bun</b>

<b>Deli Salads</b> (Vegetarian choices come with eggs in the place of chicken)	<b>Grilled Chicken Caesar Salad</b> Chicken Breast served on a bed of Romaine, Spinach, Cucumbers, Tomatoes, Peas & topped with Parmesan cheese & Caesar salad dressing	<b>Grilled Chicken Asian Salad</b> Asian Salad drizzled with Sesame dressing and topped with Chow Mein and cooked Chicken Breast. WG Roll added to complete the WG requirement	<b>Grilled Chicken SW Taco Salad</b> Youza Sauce and Corn chips add a Southwest dimension to this salad of Romaine, LCR mix, Pinto bean and Corn. Chicken Breast completes the salad as a wholesome meal.	<b>Grilled Chicken Bistro Salad</b> Bistros are simple, casual and informal restaurants. Bistro salads carry that essence, with simple but hearty Romaine and Spinach salad, along with Chicken Breast & WG Roll.	<b>Grilled Chicken Power Green Salad</b> Powerful greens like Kale and Spinach raise the bar on this super green salad, with craisins bedazzling the look. Chicken Breast takes protein part, with WG roll for grains.
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\*\*\* Hot Veg and Cold meals are served with vegetables, fruit of the day & milk.  
\*\*\* Deli Salad choices offered everyday (Both Regular & Vegetarian options available. All deli salads come with fruit and milk)

\* Skim and 1% milk choices offered daily.  
\* All Bread/Bread Products/Chips/Tortillas listed in the menu are Whole-grain products.  
\* All Rice/Rice Products listed in the menu are Whole-grain brown rice products.

<b>Homemade Silly Putty - Recipe</b>	
<b>Ingredients</b>  * Large Bowl, fork / small silicone spatula * 1 cup Corn Starch * ½ cup Dish soap * 1 tbspb Baby oil/Cooking oil * 3 drops of Food coloring	<b>Steps :</b>  1. Use the fork/spatula to mix the corn starch + dish soap in the large bowl. 2. Add oil and food coloring, mix with fork/spatula. 3. Now for the science part --- use your hands to knead the putty until it is smooth. 4. The putty will last about an hour – if you want to save some for later seal it in an air-tight container.

**October 2022 Menu (Subject to Change)**

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Hot Meal	WG Bun & Cilantro Nacho Chz Doritos & Assorted Salad Bar Variety Applesauce 100% Juice Box & Choice Milk	French Toast Sticks & Syrup Assorted Salad Bar Tropical Fruit Mix & 100% Fruit Juice Box Choice Milk & Animal Crackers	Seasoned Meat, Corn Tortilla Chips Tatziki Sauce & Corn Ranch Salsa Assorted Salad Bar & Bananas Cinnamon Goldfish & Choice Milk	Bakery Bun, Ketchup & Mayo Flamas & Assorted Salad Bar Summer Grapes & 100% Fruit Juice Box Choice Milk	Assorted Salad Bar Large Crisp Apple Choice Milk Granola Bites
Hot Veg	<b>Garden Cheeseburger</b>	<b>French Toast Sticks &amp; Syrup</b>	<b>Warm Cheesy Nachos</b>	<b>Cheese Quesadilla</b>	<b>Fresh Hot Cheese Pizza</b>
Cold	<b>Woubutter &amp; Jelly Sandwich</b>	<b>Honey Mustard Chicken Bun</b>	<b>Turkey Bun w/Mayo</b>	<b>Chicken Caesar Wrap &amp; Elf Grahams</b>	<b>Grilled Chicken &amp; Cheese Bun</b>

Week V	Monday, October 10, 2022	Tuesday, October 11, 2022	Wednesday, October 12, 2022	Thursday, October 13, 2022	Friday, October 14, 2022
	<b>Mozzarella Burger</b>	<b>Creamy Mac &amp; Cheese</b>	<b>Sesame Chicken</b>	<b>Walking Taco</b>	<b>Fresh Hot Pizza</b>
Hot Meal	WG Bakery Bun & Ketchup Cool Ranch Doritos Assorted Salad Bar & Variety Applesauce 100% Fruit Juice & Choice Milk	WG Rolls Assorted Salad Bar Tropical Fruit mix & 100% Fruit Juice Vanilla Wafers & Choice Milk	WG Roll & Steamed Seasoned Rice Assorted Salad Bar Bananas Cinnamon Goldfish & Choice Milk	Nacho Chz Doritos, Seasoned Beef w/ Shredded Chz, Lettuce, Cilantro & Cholula Hot Sauce Assorted Salad Bar & Summer Grapes 100% Fruit Juice Box, Animal Crackers & Choice Milk	Assorted Salad Bar Large Crisp Apple Choice Milk Cinnamon Goldfish
Hot Veg	<b>Mozzarella Veggie Burger</b>	<b>Creamy Mac &amp; Cheese</b>	<b>Cheese Hot Pocket w/ Italian Dip</b>	<b>Cheese Quesadilla</b>	<b>Fresh Hot Cheese Pizza</b>
Cold	<b>Woubutter &amp; Jelly Sandwich</b>	<b>Honey Mustard Chicken Bun</b>	<b>Turkey Bun w/Mayo</b>	<b>Chicken Caesar Wrap &amp; Goldfish Pretzels</b>	<b>Grilled Chicken &amp; Cheese Bun</b>

Week VI	Monday, October 17, 2022	Tuesday, October 18, 2022	Wednesday, October 19, 2022	Thursday, October 20, 2022	Friday, October 21, 2022
	<b>Golden Corn Dog w/ Ketchup</b>	<b>"New" Roasted Curry Chicken Drumstick</b>	<b>Cheeseburger</b>	<b>Spicy Chicken Fritters w/ Ranch</b>	<b>Fresh Hot Pizza</b>
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Hot Veg	<b>Pizza Crunchers &amp; Italian Dip</b>	<b>Creamy Mac &amp; Cheese w/ WG Crackers</b>	<b>Garden Cheeseburger</b>	<b>Cheese Quesadilla</b>	<b>Fresh Hot Cheese Pizza</b>
Cold	<b>Woubutter &amp; Jelly Sandwich</b>	<b>Honey Mustard Chicken Bun</b>	<b>Turkey Bun w/Mayo</b>	<b>Chicken Caesar Wrap &amp; Honey Grahams</b>	<b>Grilled Chicken &amp; Cheese Bun</b>

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 \* All Bread/Bread Products/Chips/Tortillas listed in the menu are Whole-grain products.  
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