



Washington Caldwell School Lunch Menu

October
2020

Fresh Vegetables and Seasonal fruits are offered daily at the Garden Bar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Choose MyPlate.gov</p>			<p>1 Crispy Chicken Nuggets Whole Grain Dinner Roll</p> <p>Toasted Cheese Sandwich</p> <p>Romaine Lettuce Cucumber Ranch Salad</p> <p>Diced Pears Fresh Apple</p>	<p>2 Cheese Pizza</p> <p>Hot Ham & Cheese Flatbread</p> <p>Cook's Choice Veggie</p> <p>Cook's Choice Fruit</p>
<p>5 Pancakes Sausage Patty</p> <p>Pretzel Bites w/Cheese Cubes</p> <p>Breakfast Potatoes Celery Sticks</p> <p>Fresh Apple Diced Pears</p>	<p>6 Cheeseburger on Bun</p> <p>Yogurt Pak with Bagel</p> <p>Baby Carrots Romaine Mix Salad</p> <p>Banana Diced Peaches</p>	<p>7 Sweet & Sour Chicken Brown Rice</p> <p>Beef Hotdog on a Bun</p> <p>Garbanzo Beans Cherry Tomato</p> <p>Orange Mixed Fruit</p>	<p>8 Crispy Chicken Nuggets Both Serve w/Roll</p> <p>Fish Sticks</p> <p>Cucumber Slices Corn</p> <p>Diced Pears Fresh Apple</p>	<p>9 No School</p>
<p>12 Waffle Sticks Hard Boiled Egg</p> <p>Turkey Deli Sub Sandwich</p> <p>Broccoli Florets Green Beans</p> <p>Fresh Apple Diced Pears</p>	<p>13 Popcorn Chicken Whole Grain Dinner Roll</p> <p>Cereal Pak</p> <p>Celery Sticks Golden French Fries</p> <p>Banana Sliced Pears</p>	<p>14 Walking Taco</p> <p>Chicken & Cheese Quesadilla</p> <p>Refried Beans Cherry Tomato</p> <p>Orange Halves Mixed Fruit</p>	<p>15 Corn Dog</p> <p>Breakfast Flatbread</p> <p>Baby Carrots Cucumber Slices</p> <p>Fresh Apple Diced Pears</p>	<p>16 Crispy Chicken Sandwich</p> <p>Pretzel Bites w/Cheese Cubes</p> <p>Cook's Choice Veggie</p> <p>Cook's Choice Fruit</p>
<p>19 French Toast Sticks Sausage Patty</p> <p>Ham Deli Sub Sandwich</p> <p>Breakfast Potatoes Celery Sticks</p> <p>Fresh Apple Diced Pears</p>	<p>20 Pasta with Meat Sauce Bread Stick</p> <p>Cereal Pak</p> <p>Lettuce Romaine Mix Baby Carrots</p> <p>Banana Diced Peaches</p>	<p>21 Toasted Cheese Sandwich Tomato Soup</p> <p>Cheeseburger on Bun</p> <p>Garbanzo Beans Cherry Tomato</p> <p>Orange Halves Mixed Fruit</p>	<p>22 Crispy Chicken Sandwich</p> <p>Chicken Tacos</p> <p>Cucumber Slices Corn</p> <p>Fresh Apple Diced Pears</p>	<p>23 Pizza Dippers</p> <p>Yogurt Pak with Bagel</p> <p>Cook's Choice Veggie</p> <p>Cook's Choice Fruit</p>
<p>26 Pancakes Hard Boiled Egg</p> <p>Yogurt Pak with Bagel</p> <p>Broccoli Florets Green Beans</p> <p>Fresh Apple Sliced Pears</p>	<p>27 Hotdog on Whole Grain Bun</p> <p>Macaroni & Cheese</p> <p>Golden French Fries Celery Sticks</p> <p>Banana Sliced Peaches</p>	<p>28 Crispy Chicken Nuggets Whole Grain Dinner Roll</p> <p>Pretzel Pack</p> <p>Cucumber Slices Cherry Tomato</p> <p>Orange Halves Mixed Fruit</p>	<p>29 Beefy Nacho</p> <p>Chicken & Cheese Quesadilla</p> <p>Refried Beans Baby Carrots</p> <p>Fresh Apple Sliced Pears</p>	<p>30 No School!</p>

INFORMATION	Regular	\$0
	Reduced	\$0
	Adult	\$3.80
	Milk	\$0.40
	Extra Entree	\$2.25

EXTRA INFO

The USDA has extended their free meal program until 12/31 or as funding is available, all students are eligible for free meals. Students must select 3 components 1 one being a fruit or vegetable to be a meal. ALA carte charges to students will be Milk alone, extra or incomplete meals. Questions: Chrissy Koerner @ 262-971-1790 x4522
Chrissy.Koerner@muskegonorway.org



Your **MENUS** plus more information on our app **Taher Food4Life®**

www.taher.com

Menus are subject to change without notice. This institution is an equal opportunity provider.