



Monday	Tuesday	Wednesday	Thursday	Friday
Fruit of the Month: ²⁹ Apples! 	Veggie of the Month: ³⁰ Dark Leafy Greens! 	B: WGR Muffin, Mixed Fruit, 1% Milk L:  Bangladeshi Chicken (Tofu) Biryani, Brown Rice, Zucchini, Pineapple, 1% Milk S: Hummus & Carrots	² No School Religious Holiday (Yom Kippur)	B: French Toast, Bananas, 1% Milk ³ L: Roast Pork (Beans), Quinoa Pilaf, Peas & Carrots, Apples, 1% Milk S: Unsalted Pretzels & Pears
B: WGR Weaties Cereal, Pineapple, 1% Milk ⁶ L: Red Beans & WGR Brown Rice, Sweet Potatoes, Strawberries, 1% Milk S: Wowbutter & Apples	B: Eggs, Banana, 1% Milk ⁷ L: Chicken Parm (Veggie Burger) w/ WW Spaghetti, Mixed Veggies, Apricots, 1% Milk S: Soft Pretzels & LF Cheese	B: WGR Pancakes, Oranges, 1% Milk ⁸ L:  Ethiopian Beef (Bean) Stew w/ WGR Pita, Cauliflower, Mangos, 1% Milk S: Breadsticks & White Bean Dip	B: WGR Muffin, Applesauce, 1% Milk ⁹ L: Turkey (Cheese) Sandwich on WGR Bread, Broccoli, Mixed Fruit 1% Milk S: WGR Crackers & Peaches	B: Bulgur Wheat Porridge, Pears, 1% Milk ¹⁰ L: LF Cheese Pizza on WGR Crust, Sautéed Spinach, Mixed Berries, 1% Milk S: 100% Fruit Juice & Goldfish Crackers
¹³ No School, Indigenous People's Day/Columbus Day	B: WGR Muffin, Mandarin Oranges, 1% Milk ¹⁴ L: Lentil Stew w/ WGR Bread, Corn, Tropical Fruit, 1% Milk S: WGR Crackers & Pears	B: WGR Bran Cereal, Mixed Fruit, 1% Milk ¹⁵ L:  Dominican Cod Olé (Beans), WGR Tortilla, Salsa, Plantains, 1% Milk S: Hummus & Bell Peppers	B: WGR Bagel w/ Cream Cheese, Bananas, 1% Milk ¹⁶ L: Chicken Tenders, WGR Bun, Green Beans, Pineapple, 1% Milk S: Mixed Fruit & LF Cheese	B: LF Yogurt, Pears, 1% Milk ¹⁷ L: Stir Fried Ground Turkey (Eggs), Brown Rice, Peppers, Apples, 1% Milk S: Graham Crackers & Peaches
B: WGR Cheerios, Mixed Berries, 1% Milk ²⁰ L: Vegetarian Chili w/ Beans, WGR Roll, Peppers & Onions, Nectarines, 1% Milk S: Ritz Crackers & Fruit	B: WGR Oatmeal, Tropical Fruit, 1% Milk ²¹ L: Lean Beef (Bean) Tacos on WGR Taco Shell, Lettuce, Oranges, 1% Milk S: Rice Cakes & Wowbutter	B: WGR Waffles, Applesauce, 1% Milk ²² L:  Korean BBQ Chicken (Tofu), Brown Rice, Mixed Vegetables, Pears, 1% Milk S: WGR Animal Crackers & Fruit	B: WGR Bagel w/ Fruit Preserves, Pineapple, 1% Milk ²³ L: WGR Spaghetti & Turkey Meatballs (Veggie Burger), Sautéed Greens, Banana, 1% Milk S: LF Cheese & Celery	B: Eggs, Apples, 1% Milk ²⁴ L: Chicken (Bean) Salad, WGR Pita, Cucumber Tomato Salad, Peaches, 1% Milk S: WGR Goldfish & 100% Fruit Juice
B: WGR Kix Cereal, Oranges, 1% Milk ²⁷ L: LF Mac & Cheese w/ WGR Pasta, Broccoli, Mango, 1% Milk S: Animal Crackers & 1% Milk	B: Oatmeal, Apples, 1% Milk ²⁸ L: Roasted Turkey (Eggs), WGR Polenta, Mixed Vegetables, Mixed Berries, 1% Milk S: DIY Parfait w/ LF Yogurt & Granola	B: WGR Muffin, Mixed Fruit, 1% Milk ²⁹ L:  Bangladeshi Chicken (Tofu) Biryani, Brown Rice, Zucchini, Pineapple, 1% Milk S: Hummus & Carrots	B: English Muffin, Peaches, 1% Milk ³⁰ L: Tuna Salad (Veggie Burger) on WGR Bun, Green Salad, Tropical Fruit, 1% Milk S: Fruit & LF Cheese Kabobs	B: French Toast, Bananas, 1% Milk ³¹ L: Roast Pork (Beans), Quinoa Pilaf, Peas & Carrots, Apples, 1% Milk S: Unsalted Pretzels & Pears