


October

2023

LUNCH AND BREAKFAST



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Lunch Tk-6-\$2.50 9-12- \$2.75 Adults-\$5.00	2 BBQ chicken sandwich, fries, watermelon, fruit and fresh veggies French toast, fruit	3 Deli sandwich, jo-jo's, baked beans, fruit and fresh veggies Cereal, fruit and toast	4 Spaghetti bake, whole grain roll, corn, fruit and fresh veggies Cheese omelets, fruit Early Release at 12:25	5 Beef and bean burrito, chili and cheese, fruit and fresh veggies Cereal, fruit and toast	6 Chicken strips, fries, pasta salad, fruit and fresh veggies Muffins, yogurt and fruit	7
8 Milk- \$.50	9 Chicken Philly sandwich, fries, fruit and fresh veggies Pancakes, fruit	10 Pizza, Caesar salad, corn, fruit and fresh veggies Cereal, fruit and toast	11 Orange chicken, Asian rice, roasted veggies and fruit Scrambled eggs, fruit	12 Chicken noodle soup, sandwiches, fruit choice and fresh veggies Cereal, fruit and toast	13 6th Grade choice Hamburgers, carrots, watermelon, brownies Waffles and fruit	14
15 Breakfast TK-12-\$2.00 Adults-\$3.00	16 Cheesy bread, marinara sauce, green salad, fruit and fresh veggies Breakfast burrito, fruit	17 Chicken cordon bleu, whole grain roll, roasted vegetables. Fruit Cereal, fruit and toast	18 Tacos, potato tots, refried beans, salsa, sour cream, fruit and fresh veg French toast, fruit Early Release at 12:25	19 Pizza wrap, Caesar salad, fruit and fresh veggies Cereal, fruit and toast	20 Chicken patty on a bun, lettuce and tomato, fries, fresh veggies and fruit Biscuits and gravy, fruit	21
22	23 Teriyaki chicken, Asian rice, green beans, fruit and fresh veggies Muffins, yogurt, fruit	24 Chicken alfredo, breadsticks, roasted veggies and fruit Cereal, fruit and toast	25 Nachos, refried beans, salsa and sour cream, fruit and fresh veggies Cheese omelets, fruit	26 French toast, sausage, scrambled eggs, fruit, hash browns and juice Cereal, fruit and toast	27 Pizza, Caesar salad, fruit and fresh veggies Pancakes, fruit	28
29	30 Tator tot casserole, green beans, whole grain roll, fruit and fresh veggies Cereal, fruit and toast	31 Scary tomato soup, cheese zombie, spooky fruit and fresh vegetables  Cereal, fruit and toast				

ALL MEALS INCLUDE MILK, FRESH FRUIT AND OR VEGETABLE
WILBUR SCHOOL IS AN EQUAL OPPORTUNITY EMPLOYER