

OCTOBER

Sep 30th - Oct 25th
 Week #1: 30th-4th
 Week #2: 7th -11th
 Week #3: 14th-18th
 Week #4: 21st - 25th

4TH - 8TH Grade Food Court Menu

Choose **THREE OR MORE COLORS** for a complete meal. One must be **RED** or **GREEN**.

meat/meat alternative	grain	vegetable	fruit*	milk

Hot Entrees

Choose from several fruit and veggie choices daily

BIG Daddy's **CHEESE** Pizza



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BIG Daddy's **PEPPERONI** Pizza

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CHICKEN TENDERS



breaded chicken tenders served with whole grain roll

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BUFF-a-

100% all beef



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HOT DOGS

All beef hotdog on a WG Bun

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Cold Entrees

Choose from several fruit and veggie choices daily



Sliced apples w/peanut butter, cheesestick, WGR tortilla chips and salsa ***Gluten Free**

				Grab a milk for all 5 food
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PEANUT BUTTER & JELLY



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Chef Salad

Romaine lettuce served w/ grape tomatoes, Turkey, Ham, Shredded

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Turkey & Cheese SANDWICH



GRAB & GO
ALWAYS FAST ~ ALWAYS FRESH

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FRIED CHICKEN SALAD

Romaine lettuce served w/ crispy chicken, grape tomatoes, Carrots, shredded cheddar, ranch dressing & WG goldfish crackers or equiv.

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Weekly Special

Choose from several fruit and veggie choices daily



Three meat (ham, salami & pepperoni) topped with provolone cheese melted and pressed on cuban bread. Comes with marianara for dipping.

Week #1 & 2

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COWBOY SUGAR

100% all beef bacon burger w/white american cheese topped with fried onions on a WGR hamburger bun

Week #3 & 4

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Students can choose 1% white milk -or- non-fat chocolate milk (1 cup eq)

*Some whole **fruits** count as TWO 1/2 cup servings. For example an average sized apple would be considered TWO 1/2 cup servings in and of itself. At least half of the fruits consumed per day should come from whole fruits (fresh, canned, frozen or dried). Students can choose up to TWO 1/2 cup servings of FRESH or cupped fruit and/or hot or cold vegetables every day

A **food component** is one of five food groups, in which a minimum of three needs to be selected to make a reimbursable meal. These are protein, grains, vegetables, fruit and fluid milk*

A **food item** is a specific food offered within the food components, for example, 2 slices of whole grain-rich bread, 1 cup of grapes, and 1 cup of milk. This meal meets OVS lunch requirements because three food components are selected out of the five food items offered.

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 Office of the Assistant Secretary for Civil Rights
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This institution is an equal opportunity provider.

What Makes A LUNCH

SELECT 3-5 ITEMS:

	GRAINS PROTEIN	
VEGGIE	FRUIT	

one must be a
FRUIT or VEGGIE