## Meatless Monday

1
B: WGR Cereal and Fresh Blueberries
L: Cheese Enchiladas with
WGR Corn Tortillas
Steamed Carrots
Fresh Sliced Pears
S: WG Raisin Bread and Sun Butter Sandwich

## THE CDC IS CLOSED

FOR SOLAR ECLISPE

## 15

B: WGR Cereal and Fresh Blueberries L: Vegetarian Chili Beans with WG Cornbread
Steamed Herbed Broccoli
Warm Cinnamon Apples
S: WG Animal Crackers and Fresh Orange Slices

## 22

B: WGR Cereal and Diced Mangos
L: Grilled Cheese Sandwich on

## WGR Bread

Sweet Potato Tots
Fresh Diced Honey Dew Melon S: WG Trail Mix (Dried Fruit, Coconut, Sunflower Seeds, and Pretzels) and Sliced Green Apples

## 29 <br> B: WGR Cereal and Sliced Red

 ApplesL: Vegetarian Tofu Biryani with WGR Brown Rice
Roasted Squash Medley
Fresh Blueberries
S: WGR Tortilla Chips with Guacamole

## Taco Tuesday

B: WGR French Toast Sticks and Sliced Peaches
L: Beef Sausage Link on
WGR Dinner Roll
Steamed Corn
Sliced Red Apples
S: Breadsticks and Pizza Sauce

## 9

B: WGR Waffles and Sliced Green Apples
L: Beef Picadillo on WGR Tortillas Steamed Green Beans
Fresh Orange Slices
S: WG Ritz Crackers and Carrot Sticks with Ranch

16
B: WG Pork Cheesy Sausage Morning Roll and Pineapple Chunks
L: Green Chicken on WGR Tortillas Roasted Cauliflower
Fresh Cantaloupe
S: WG Graham Crackers and Yogurt Cups.

23
B: WG Multi-Grain Croissant and
Sliced Peaches with
Turkey Sausage Patty
L: Ground Beef Cheesy Nachos with
WGR Tortilla Chips
Fiesta Corn
Fresh Orange Slices
S: WG Ritz Crackers and Hummus

World of Wednesday
B: WGR Cereal and Diced Mango L: Sweet and Sour WGR Chicken with WGR Brown Rice
Mixed Vegetables
Fresh Cantaloupe
S: WG Blueberry Muffins and
Fresh Orange Slices

## 10

B: WGR Cereal and Sliced Peaches L: One Pot Jambalaya with Chicken, Beef Sausage, and WGR Brown Rice Roasted Cauliflower
Fresh Diced Honey Dew Melon
S: WGR Bagels and Cream Cheese

## 17

B: WGR Cereal and Diced Mangos L: Beef with WG Lo Mein Noodles Vegetable Stir Fry
Sliced Peaches
S: WG Cinnamon Raisin Muffin and Fresh Sliced Green Apples

## 24

B: WGR Cereal and Pineapple Chunks
L: Chicken Fried Rice with WGR Brown Rice
Vegetable Stir Fry
Fresh Diced Cantaloupe
S: Fresh Sliced Red Apples and
WG Graham Crackers

## Tasty Thursday

B: Biscuit with Turkey Sausage Patty and Fresh Strawberries L: Beef and Pork Meatballs with WGR Pasta
Roasted Squash Medley
Fresh Blackberries
S: WGR Wheat Thins and Mozzarella Cheese Sticks

11
B: WGR Overnight Oats and Diced Mangos
L: Pulled Pork Sandwich on WGR Dinner Roll Baked French Fries Fresh Blueberries S: Goldfish and Sliced Red Apples

## 18

B: WGR Buttered Toast and Sliced Strawberries
L: WGR Chicken Strips with
Mac and Cheese
Steamed Cabbage with Bacon Fresh Fruit Salad
S: WG Corn Chips and (NonVegetarian) Bean Dip 25
B: WGR Pancakes and
Fresh Blueberries
L: Cheeseburger on WGR Dinner Rolls Baked French Fries Fresh Blackberries
S: Goldfish and Fresh Sliced Pears

## Fish Friday

## WGR Granola

L: Fish Sticks with WG Cheddar Biscuit Steamed Broccoli
Fresh Berry Mix
S: WGR Oatmeal Ball and Fresh Green Apples

## 12

B: WG Raisin Bread and Fresh
Bananas
L: Baked Fish Scandia with

## WGR Pasta

Steamed Green Peas
Sliced Strawberries
S: WG Saltine Crackers and Sliced Turkey

19
B: WGR Oatmeal and Bananas
L: Fish Patty with
WGR Dinner Roll
Steamed Carrots
Fresh Diced Watermelon S: WG Pretzels and Fresh Red Apple Slices

## 26

B: WG Oat Bran Muffin and Fresh Banana
L: Tuna Casserole with Egg Noodles
Green Peas and Carrots
Fresh Strawberries
S: Colby Jack Cheese Cubes and WGR Wheat Thins


