

OCTOBER | 2019

Francis Reh Academy - Lunch



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

30	1 WG Chicken Drumstick Diced Peaches Greens Cornbread Choice of Milk	2 WG Flatbread Pizza Mixed Fruit Navy Beans Ranch Dip Choice of Milk	3 Cheeseburger w/WG Bun Diced Pears Carrots Ketchup Packets Choice of Milk	4 WG Bosco Stick Fruit Cocktail Potato Wedges Marinara Sauce Choice of Milk HALF DAY
7 WG Pasta Chicken Alfredo Mixed Fruit Brussel Sprouts Breadstick Choice of Milk	8 WG Tortilla Chips Beef Nachos Diced Pears Broccoli Choice of Milk	9 WG Pasta Cheeseburger Macaroni Sliced Peaches Baked Beans Club Roll Choice of Milk	10 BBQ Pork Rib w/WG Bun Applesauce Sweet Potato Fries Ketchup Packets Choice of Milk	11 WG Mini Pepperoni Pizza Apple Slices Corn Ranch Dip Choice of Milk
14 WG Tortilla Chicken Fajita Mixed Fruit Garden Salad Choice of Milk	15 Meatball w/WG Bun Fruit Cocktail Broccoli Marinara Sauce Choice of Milk	16 Chicken Stir Fry w/WG Rice Sliced Peaches Lima Beans Breadstick Choice of Milk	17 Chicken Chili Diced Peaches Squash WG Goldfish Crackers Choice of Milk	18 Sloppy Joe w/WG Bun Diced Peaches Mashed Potato Choice of Milk HALF DAY
21 Ham and Cheese w/WG Croissant Applesauce Green Beans Mayo Packets Choice of Milk	22 WG Pretzel Bun Chicken Slider Mixed Fruit Romaine Salad Ranch Dip Choice of Milk	23 WG Tortilla Chips Taco Salad Banana Refried Beans Choice of Milk	24 WG Grilled Cheese Sliced Apples Tomato Soup Choice of Milk	25 WG Spaghetti w/Meat Sauce Fruit Cocktail Green Peas Choice of Milk
28 WG Tortilla Chips Chicken Nachos Diced Peaches Zucchini Choice of Milk	29 WG Chicken Drumstick Diced Peaches Greens Cornbread Choice of Milk	30 WG Flatbread Pizza Mixed Fruit Navy Beans Ranch Dip Choice of Milk	31 WG Bun w/Cheeseburger Diced Pears Carrots Ketchup Packets Choice of Milk	1

News

October 4th, 2019
Half-Day

October 18th, 2019
Half-Day

*Menu is subject to change based upon item availability.

Lunch Milk options include:
1% Regular Milk
Fat Free Chocolate Milk
Fat Free Strawberry Milk
(Middle School Only)

Dinner is served in the classroom from 3:35 p.m. to 3:50 p.m.

USDA is an equal opportunity provider.