



RAYMOND-KNOWLES UNION SCHOOL DISTRICT



October 2018 Breakfast and Lunch Menus

Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
Breakfast: WGR Breakfast Pizza / Fruit / Juice / Milk <i>Lunch: WGR Chicken Nuggets, Baked Potato Fries, Baby Carrots, Crackers, Fruit, Milk</i>	Breakfast: Tornado / Fruit / Juice / Milk Lunch: Hamburger with WGR Bun, Baked Beans, Fruit, Milk	Breakfast: WGR Cereal & Yogurt / Fruit / Juice / Milk <i>Lunch: Beef & Cheese Taco, Refried Beans, Lettuce & Salsa, Crackers, Fruit, Milk</i>	Breakfast: WGR Pancakes & Syrup / Fruit / Juice / Milk <i>Lunch: Chicken Patty Sandwich, Baked Tater Tots, Baby Carrots, Fruit, Milk</i>	Breakfast: WRG Muffin Bar/ Scrambled Egg / Fruit / Juice / Milk <i>Lunch: WGR Cheese Pizza, Romaine Lettuce Salad, Green Beans, Fruit, Milk</i>
8	9	10	11	12
Breakfast: WGR Breakfast Pizza / Fruit / Juice / Milk <i>Lunch: WGR Pasta & Meat Sauce, WGR Roll, Baby Carrots, Fruit, Milk</i>	Breakfast: WGR Breakfast Bar / Fruit / Juice / Milk Lunch: Mini Corn Dogs, Baked Beans, Baby Carrots, Crackers, Fruit, Milk	Breakfast: WGR Cereal & Yogurt / Fruit / Juice / Milk <i>Lunch: Beef & Cheese Tostado, Refried Beans, Lettuce & Salsa, Crackers, Fruit, Milk</i>	Breakfast: WGR Pancakes & Syrup / Fruit / Juice / Milk <i>Lunch: Chicken Patty Sandwich, Baked Tater Tots, Baby Carrots, Fruit, Milk</i>	Breakfast: WRG Mini Cinnis / Fruit / Juice / Milk <i>Lunch: Cheese-Stuffed Breadsticks w/ Marinara, Romaine Lettuce Salad, Green Beans, Fruit, Milk</i>
15	16	17	18	19
<i>Fall Break</i>	<i>Fall Break</i>	<i>Fall Break</i>	<i>Fall Break</i>	<i>Fall Break</i>
22	23	24	25	26
Breakfast: WGR Breakfast Pizza / Fruit / Juice / Milk <i>Lunch: Orange Chicken, Brown Rice, Broccoli, Baby Carrots, Crackers, Fruit, Milk</i>	Breakfast: WGR Tornado / Fruit / Juice / Milk Lunch: Chili Con Carne, Baked Potato Fries, Baby Carrots, Crackers, Fruit, Milk	Breakfast: WGR Cereal & Yogurt / Fruit / Juice / Milk <i>Lunch: Beef & Cheese Tostado, Refried Beans, Lettuce & Salsa, Crackers, Fruit, Milk</i>	Breakfast: WGR Pancakes & Syrup / Fruit / Juice / Milk <i>Lunch: Chicken Patty Sandwich, Baked Tater Tots, Baby Carrots, Fruit, Milk</i>	Breakfast: WRG Breakfast Bar / Fruit / Juice / Milk <i>Lunch: WGR Pepperoni Pizza, Romaine Lettuce Salad, Green Beans, Fruit, Milk</i>
29	30	31		
Breakfast: WGR Breakfast Pizza / Fruit / Juice / Milk <i>Lunch: WGR Chicken Nuggets, Baked Potato Fries, Baby Carrots, Crackers, Fruit, Milk</i>	Breakfast: WGR CC Breakfast Bar / Fruit / Juice / Milk Lunch: Chicken & Cheese Crispito, Corn, Romaine Lettuce Salad, Crackers, Fruit, Milk	Breakfast: WGR Cereal & Yogurt / Fruit / Juice / Milk <i>Lunch: Beef & Cheese Taco, Refried Beans, Lettuce & Salsa, Fruit, Milk</i>		

WGR = whole grain rich

"This institution is an equal opportunity provider."

09/01/2018