



# October 2024 Cold Meal Menu



| Mon   | Tue   | Wed  | Thu  | Fri / Sat / Sun  |
|---|---|--|--|--|
| 30  | 1   | 2  | 3  | 4/5/6  |
| WGR Sunbutter Crustless Sandwich - Grape (2.8oz)<br>Mozzarella String Cheese (1oz)<br>Baby Carrots x 2 (3.2 oz)<br>Fresh Grapes<br>1% Low Fat Milk (0.5pt)<br>Tajin | Mini-Cheeseburger Sliders x2 (4oz)<br>WGR Bread<br>Vegetable Cup (4oz)<br>Fruit Cup (4oz)<br>1% Low Fat Milk (0.5pt)<br>Mayo/Mustard/Ketchup  | Bean & Cheese Burrito (5.2oz)<br>WGR Tortilla<br>Salsa Dipping Cup (2oz)<br>Baby Carrots x 1 (3.2 oz)<br>Fresh Grapes<br>1% Low Fat Milk (0.5pt)<br>Ranch  | WGR Grilled Cheese Sandwich (4.19oz)<br>Vegetable Cup (4oz)<br>Applesauce Cup (4oz)<br>1% Low Fat Milk (0.5pt) | Chicken Biscuit WGR Bun (3.15oz)<br>Sunflower Seeds (1oz)<br>Vegetable Cup (4oz)<br>Fruit Cup (4oz)<br>1% Low Fat Milk (0.5pt)<br>BBQ Sauce  |
| Mon   | Tue   | Wed  | Thu  | Fri / Sat / Sun  |
| 7   | 8   | 9  | 10   | 11/12/13   |
| WGR Sunbutter Crustless Sandwich - Grape (2.8oz)<br>Mozzarella String Cheese (1oz)<br>Baby Carrots x 2 (3.2oz)<br>Fresh Apples<br>1% Low Fat Milk (0.5pt)<br>Tajin  | Mini-Cheeseburger Sliders x2 (4oz)<br>WGR Bread<br>Vegetable Cup (4oz)<br>Fruit Cup (4oz)<br>1% Low Fat Milk (0.5pt)<br>Mayo/Mustard/Ketchup  | Bean & Cheese Burrito (5.2oz)<br>WGR Tortilla<br>Salsa Dipping Cup (2oz)<br>Baby Carrots x 1 (3.2 oz)<br>Fresh Apples<br>1% Low Fat Milk (0.5pt)<br>Ranch  | WGR Grilled Cheese Sandwich (4.19oz)<br>Vegetable Cup (4oz)<br>Applesauce Cup (4oz)<br>1% Low Fat Milk (0.5pt) | Chicken Biscuit WGR Bun (3.15oz)<br>Sunflower Seeds (1oz)<br>Vegetable Cup (4oz)<br>Fresh Oranges<br>1% Low Fat Milk (0.5pt)<br>BBQ Sauce    |
| Mon   | Tue   | Wed  | Thu  | Fri / Sat / Sun  |
| 14  | 15  | 16   | 17   | 18/19/20   |
| WGR Sunbutter Crustless Sandwich - Grape (2.8oz)<br>Mozzarella String Cheese (1oz)<br>Baby Carrots x 2 (3.2 oz)<br>Fresh Grapes<br>1% Low Fat Milk (0.5pt)<br>Tajin | Mini-Cheeseburger Sliders x2 (4oz)<br>WGR Bread<br>Vegetable Cup (4oz)<br>Fruit Cup (4oz)<br>1% Low Fat Milk (0.5pt).<br>Mayo/Mustard/Ketchup | Bean & Cheese Burrito (5.2oz)<br>WGR Tortilla<br>Salsa Dipping Cup (2oz)<br>Baby Carrots x 1 (3.2oz)<br>Fresh Grapes<br>1% Low Fat Milk (0.5pt)<br>Ranch   | WGR Grilled Cheese Sandwich (4.19oz)<br>Vegetable Cup (4oz)<br>Applesauce Cup (4oz)<br>1% Low Fat Milk (0.5pt) | Chicken Biscuit WGR Bun (3.15oz)<br>Sunflower Seeds (1oz)<br>Vegetable Cup (4oz)<br>Fruit Cup (4oz)<br>1% Low Fat Milk (0.5pt)<br>BBQ Sauce  |
| Mon   | Tue   | Wed  | Thu  | Fri / Sat / Sun  |
| 21  | 22  | 23   | 24   | 25/26/27   |
| WGR Sunbutter Crustless Sandwich - Grape (2.8oz)<br>Mozzarella String Cheese (1oz)<br>Baby Carrots x 2 (3.2oz)<br>Fresh Apples<br>1% Low Fat Milk (0.5pt)<br>Tajin  | Mini-Cheeseburger Sliders x2 (4oz)<br>WGR Bread<br>Vegetable Cup (4oz)<br>Fruit Cup (4oz)<br>1% Low Fat Milk (0.5pt)<br>Mayo/Mustard/Ketchup  | Bean & Cheese Burrito (5.2oz)<br>WGR Tortilla<br>Salsa Dipping Cup (2oz)<br>Baby Carrots x 1 (3.2 oz)<br>Fresh Apples<br>1% Low Fat Milk (0.5pt)<br>Ranch  | WGR Grilled Cheese Sandwich (4.19oz)<br>Vegetable Cup (4oz)<br>Applesauce Cup (4oz)<br>1% Low Fat Milk (0.5pt) | Chicken Biscuit WGR Bun (3.15oz)<br>Sunflower Seeds (1oz)<br>Vegetable Cup (4oz)<br>Fresh Oranges<br>1% Low Fat Milk (0.5pt)<br>BBQ Sauce    |
| Mon   | Tue   | Wed  | Thu  | Fri / Sat / Sun  |
| 28  | 29  | 30   | 31   | 1/2/3  |
| WGR Sunbutter Crustless Sandwich - Grape (2.8oz)<br>Mozzarella String Cheese (1oz)<br>Baby Carrots x 2 (3.2oz)<br>Fresh Grapes<br>1% Low Fat Milk (0.5pt)<br>Tajin  | Mini-Cheeseburger Sliders x2 (4oz)<br>WGR Bread<br>Vegetable Cup (4oz)<br>Fruit Cup (4oz)<br>1% Low Fat Milk (0.5pt).<br>Mayo/Mustard/Ketchup | Bean & Cheese Burrito (5.2oz)<br>WGR Tortilla<br>Salsa Dipping Cup (2oz)<br>Baby Carrots x 1 (3.2 oz)<br>Fresh Grapes<br>1% Low Fat Milk (0.5pt)<br>Ranch  | WGR Grilled Cheese Sandwich (4.19oz)<br>Vegetable Cup (4oz)<br>Applesauce Cup (4oz)<br>1% Low Fat Milk (0.5pt) | Chicken Biscuit WGR Bun (3.15oz)<br>Sunflower Seeds (1 oz)<br>Vegetable Cup (4oz)<br>Fruit Cup (4oz)<br>1% Low Fat Milk (0.5pt)<br>BBQ Sauce |
| <b>Acronyms</b><br>WGR: Whole Grain Rich<br>Note: All main component food items have CN label   | <b>Identification of mixed foods</b><br>Mixed Fruit Cup: diced pears, peaches, and Cherries. Vegetable cup is Corn.                           | <b>Required Disclaimers</b><br>Children 24 months and older will be served 1% or fat free milk<br>Water is available to all participants through a water fountain<br>This Institution is an Equal Opportunity Provider |  | <b>Special Notes</b><br>This menu may change without notice due to supply issues<br>Items are delivered and served cold<br>Free Menu<br>Pork |