## **Mazzuchelli**

## MAZZUCHELLI CATHOLIC MIDDLE SCHOOL MENU 2025



| SIDES:<br>Subject Strandson S   | Potato Fries<br>ber Slices<br>auce<br>hocolate or Skim White Milk<br>9<br>cho Supreme on WG Tortilla Chips<br>Beans<br>ed Lettuce<br>erries/Banana (winter)<br>Dears<br>hocolate or Skim White Milk<br>16<br>za Crunchers                                       | Wednesday         3         Mandarin Orange Chicken & Brown Rice         SIDES:       Stir Fry Vegetables         Tossed Salad       Citrus Fruit Bowl         Pineapple Tidbits       Pineapple Tidbits         Skim Chocolate or Skim White Milk       10         Pork Tenderloin Sandwich on WG Bun       SIDES:         Cherry Tomatoes       Island Vegetables         Fresh Orange Wedges       Cinnamon Apple Slices         Skim Chocolate or Skim White Milk       17         WG Popcorn Chicken & Tiger Grahams       SIDES:         Baked Beans       Baked Beans | Thursday         4         Mr. Rib Sandwich on WG Bun         SIDES:         Crinkle Cut Fries         Baby Carrots         Blueberries         Mixed Fruit         Cinnamon Streusel Cake         Skim Chocolate or Skim White Milk         11         Chicken Alfredo, WG Pasta, Garlic Breadstick         SIDES:         Steamed Green Beans         Tossed Salad         Fresh Pear Wedges         Mixed Fruit         Skim Chocolate or Skim White Milk         18         Chicken and Gravy & WG Dinner Roll         SIDES:         Mashed Potatoes   | Friday<br>5 - National Cheese Pizza Da<br>WG Stuffed Crust Cheese Pizza<br>SIDES:<br>Steamed Green Beans<br>Fresh Broccoli<br>Honeydew<br>Mandarin Oranges<br>MationAl<br>CHEESE<br>Tomato Soup<br>Fresh Broccoli<br>Watermelon/Craisins (winter)<br>Sliced Pears<br>Skim Chocolate or Skim White Milk<br>19<br>Fish Sandwich on WG Bun<br>SIDES:<br>Steamed Broccoli              |
|---|---|--|---|--|
| WG Mini         SIDES:         Sweet PC         Cucumbe         Grapes         Applesau         Skim Chr         8         /G Chicken Strips & Buttered Bread         Beef Nacl         IDES:         u Gratin Potatoes         elery Sticks         ried Cherries         pplesauce         Strawber         Sliced Pe         kim Chocolate or Skim White Milk         Skim Chr         15         /G French Toast Sticks & Sausage Patty         IDES:         iangle Potato         pinach Salad         resh Apple Wedges         Blueberri         minach Salad         resh Apple Tidbits  | ni Corn Dogs Potato Fries ber Slices auce hocolate or Skim White Milk 9 cho Supreme on WG Tortilla Chips Beans ed Lettuce erries/Banana (winter) Pears hocolate or Skim White Milk 16 za Crunchers d Squash   | Mandarin Orange Chicken & Brown Rice<br>SIDES:<br>Stir Fry Vegetables<br>Tossed Salad<br>Citrus Fruit Bowl<br>Pineapple Tidbits<br>Skim Chocolate or Skim White Milk<br><b>10</b><br>Pork Tenderloin Sandwich on WG Bun<br>SIDES:<br>Cherry Tomatoes<br>Island Vegetables<br>Fresh Orange Wedges<br>Cinnamon Apple Slices<br>Skim Chocolate or Skim White Milk<br><b>17</b><br>WG Popcorn Chicken & Tiger Grahams<br>SIDES:<br>Baked Beans   | Mr. Rib Sandwich on WG Bun<br>SIDES:<br>Crinkle Cut Fries<br>Baby Carrots<br>Blueberries<br>Mixed Fruit<br>Cinnamon Streusel Cake<br>Skim Chocolate or Skim White Milk<br><b>11</b><br>Chicken Alfredo, WG Pasta, Garlic Breadstick<br>SIDES:<br>Steamed Green Beans<br>Tossed Salad<br>Fresh Pear Wedges<br>Mixed Fruit<br>Skim Chocolate or Skim White Milk<br><b>18</b><br>Chicken and Gravy & WG Dinner Roll<br>SIDES:  | WG Stuffed Crust Cheese Pizza<br>SIDES:<br>Steamed Green Beans<br>Fresh Broccoli<br>Honeydew<br>Mandarin Oranges<br>Skim Chocolate or Skim White Milk<br><b>12</b><br>Toasted Cheese WG Sandwich<br>SIDES:<br>Tomato Soup<br>Fresh Broccoli<br>Watermelon/Craisins (winter)<br>Sliced Pears<br>Skim Chocolate or Skim White Milk<br><b>19</b><br>Fish Sandwich on WG Bun<br>SIDES: |
| SIDES:<br>Sweet PC<br>Cucumbe<br>Grapes<br>Applesau<br>Skim Cho<br>8 Sime Cho<br>8 Sime Cho<br>9 Grain Potatoes<br>2 Gratin Potatoes<br>3 Grench Toast Sticks & Sausage Patty<br>3 G French Toast Sticks & Sausage Patty<br>3 G French Toast Sticks & Sausage Patty<br>3 DES:<br>3 SIDES:<br>3 S                      | Potato Fries<br>ber Slices<br>auce<br>hocolate or Skim White Milk<br>9<br>cho Supreme on WG Tortilla Chips<br>Beans<br>ed Lettuce<br>erries/Banana (winter)<br>Pears<br>hocolate or Skim White Milk<br>16<br>za Crunchers                                       | SIDES:<br>Stir Fry Vegetables<br>Tossed Salad<br>Citrus Fruit Bowl<br>Pineapple Tidbits<br>Skim Chocolate or Skim White Milk<br><b>10</b><br>Pork Tenderloin Sandwich on WG Bun<br>SIDES:<br>Cherry Tomatoes<br>Island Vegetables<br>Fresh Orange Wedges<br>Cinnamon Apple Slices<br>Skim Chocolate or Skim White Milk<br><b>17</b><br>WG Popcorn Chicken & Tiger Grahams<br>SIDES:<br>Baked Beans   | SIDES:<br>Crinkle Cut Fries<br>Baby Carrots<br>Blueberries<br>Mixed Fruit<br>Cinnamon Streusel Cake<br>Skim Chocolate or Skim White Milk<br><b>11</b><br>Chicken Alfredo, WG Pasta, Garlic Breadstick<br>SIDES:<br>Steamed Green Beans<br>Tossed Salad<br>Fresh Pear Wedges<br>Mixed Fruit<br>Skim Chocolate or Skim White Milk<br><b>18</b><br>Chicken and Gravy & WG Dinner Roll<br>SIDES:  | SIDES:<br>Steamed Green Beans<br>Fresh Broccoli<br>Honeydew<br>Mandarin Oranges<br>Skim Chocolate or Skim White Milk<br>12<br>Toasted Cheese WG Sandwich<br>SIDES:<br>Tomato Soup<br>Fresh Broccoli<br>Watermelon/Craisins (winter)<br>Sliced Pears<br>Skim Chocolate or Skim White Milk<br>19<br>Fish Sandwich on WG Bun<br>SIDES:  |
| Sweet Po<br>Cucumbe<br>Grapes<br>Applesau<br>Skim Cho<br>Beef Naci<br>Skim Cho<br>Beef Naci<br>Corn<br>Beer Strips & Buttered Bread<br>DES:<br>a Gratin Potatoes<br>Bery Sticks<br>ied Cherries<br>pilesauce<br>Shredde<br>Shredde<br>Shredde<br>Shredde<br>Strawber<br>Sliced Pe<br>Strawber<br>Sliced Pe<br>Sliced Pe | Potato Fries<br>ber Slices<br>auce<br>hocolate or Skim White Milk<br>9<br>cho Supreme on WG Tortilla Chips<br>Beans<br>ed Lettuce<br>erries/Banana (winter)<br>Dears<br>hocolate or Skim White Milk<br>16<br>za Crunchers                                       | Stir Fry Vegetables<br>Tossed Salad<br>Citrus Fruit Bowl<br>Pineapple Tidbits<br>Skim Chocolate or Skim White Milk<br>10<br>Pork Tenderloin Sandwich on WG Bun<br>SIDES:<br>Cherry Tomatoes<br>Island Vegetables<br>Fresh Orange Wedges<br>Cinnamon Apple Slices<br>Skim Chocolate or Skim White Milk<br>17<br>WG Popcorn Chicken & Tiger Grahams<br>SIDES:<br>Baked Beans   | Crinkle Cut Fries<br>Baby Carrots<br>Blueberries<br>Mixed Fruit<br>Cinnamon Streusel Cake<br>Skim Chocolate or Skim White Milk<br><b>11</b><br>Chicken Alfredo, WG Pasta, Garlic Breadstick<br>SIDES:<br>Steamed Green Beans<br>Tossed Salad<br>Fresh Pear Wedges<br>Mixed Fruit<br>Skim Chocolate or Skim White Milk<br><b>18</b><br>Chicken and Gravy & WG Dinner Roll<br>SIDES:  | Steamed Green Beans<br>Fresh Broccoli<br>Honeydew<br>Mandarin Oranges<br>Skim Chocolate or Skim White Milk<br>12<br>Toasted Cheese WG Sandwich<br>SIDES:<br>Tomato Soup<br>Fresh Broccoli<br>Watermelon/Craisins (winter)<br>Sliced Pears<br>Skim Chocolate or Skim White Milk<br>19<br>Fish Sandwich on WG Bun<br>SIDES:  |
| Sweet Po         Cucumbe         Grapes         Applesau         Skim Cho         8         G Chicken Strips & Buttered Bread         Beef Naci         DES:         Gratin Potatoes         lery Sticks         Refried E         plesauce         Strawber         Siliced Pe         sim Chocolate or Skim White Milk         Skim Chocolate or Skim White Milk         Strawber         Side of the strawber         Side of the strawber         Side of the strawber         Side of the strawber   | Potato Fries<br>ber Slices<br>auce<br>hocolate or Skim White Milk<br>9<br>cho Supreme on WG Tortilla Chips<br>Beans<br>ed Lettuce<br>erries/Banana (winter)<br>Dears<br>hocolate or Skim White Milk<br>16<br>za Crunchers                                       | Stir Fry Vegetables<br>Tossed Salad<br>Citrus Fruit Bowl<br>Pineapple Tidbits<br>Skim Chocolate or Skim White Milk<br>10<br>Pork Tenderloin Sandwich on WG Bun<br>SIDES:<br>Cherry Tomatoes<br>Island Vegetables<br>Fresh Orange Wedges<br>Cinnamon Apple Slices<br>Skim Chocolate or Skim White Milk<br>17<br>WG Popcorn Chicken & Tiger Grahams<br>SIDES:<br>Baked Beans   | Crinkle Cut Fries<br>Baby Carrots<br>Blueberries<br>Mixed Fruit<br>Cinnamon Streusel Cake<br>Skim Chocolate or Skim White Milk<br><b>11</b><br>Chicken Alfredo, WG Pasta, Garlic Breadstick<br>SIDES:<br>Steamed Green Beans<br>Tossed Salad<br>Fresh Pear Wedges<br>Mixed Fruit<br>Skim Chocolate or Skim White Milk<br><b>18</b><br>Chicken and Gravy & WG Dinner Roll<br>SIDES:  | Steamed Green Beans<br>Fresh Broccoli<br>Honeydew<br>Mandarin Oranges<br>Skim Chocolate or Skim White Milk<br>12<br>Toasted Cheese WG Sandwich<br>SIDES:<br>Tomato Soup<br>Fresh Broccoli<br>Watermelon/Craisins (winter)<br>Sliced Pears<br>Skim Chocolate or Skim White Milk<br>19<br>Fish Sandwich on WG Bun<br>SIDES:  |
| LABOR       Cucumbe         Grapes       Applesau         Skim Chr       Skim Chr         8       S         G Chicken Strips & Buttered Bread       Beef Nacl         DES:       SIDES:         Gratin Potatoes       Corn         lery Sticks       Refried E         plesauce       Strawber         Silced Pe       Strawber         im Chocolate or Skim White Milk       Skim Chr         G French Toast Sticks & Sausage Patty       WG Pizze         DES:       angle Potato       Roasted         angle Potato       Roasted       Assorted         Bueberri       Bueberri       Bueberri         reapple Tidbits       Mixed Fr   | ber Slices<br>auce<br>hocolate or Skim White Milk<br>9<br>cho Supreme on WG Tortilla Chips<br>Beans<br>ed Lettuce<br>erries/Banana (winter)<br>Pears<br>hocolate or Skim White Milk<br>16<br>za Crunchers   | Tossed Salad<br>Citrus Fruit Bowl<br>Pineapple Tidbits<br>Skim Chocolate or Skim White Milk<br>10<br>Pork Tenderloin Sandwich on WG Bun<br>SIDES:<br>Cherry Tomatoes<br>Island Vegetables<br>Fresh Orange Wedges<br>Cinnamon Apple Slices<br>Skim Chocolate or Skim White Milk<br>17<br>WG Popcorn Chicken & Tiger Grahams<br>SIDES:<br>Baked Beans  | Baby Carrots<br>Blueberries<br>Mixed Fruit<br>Cinnamon Streusel Cake<br>Skim Chocolate or Skim White Milk<br>11<br>Chicken Alfredo, WG Pasta, Garlic Breadstick<br>SIDES:<br>Steamed Green Beans<br>Tossed Salad<br>Fresh Pear Wedges<br>Mixed Fruit<br>Skim Chocolate or Skim White Milk<br>18<br>Chicken and Gravy & WG Dinner Roll<br>SIDES:   | Fresh Broccoli<br>Honeydew<br>Mandarin Oranges<br>Skim Chocolate or Skim White Milk<br>12<br>Toasted Cheese WG Sandwich<br>SIDES:<br>Tomato Soup<br>Fresh Broccoli<br>Watermelon/Craisins (winter)<br>Sliced Pears<br>Skim Chocolate or Skim White Milk<br>19<br>Fish Sandwich on WG Bun<br>SIDES:   |
| Grapes       Applesau         Skim Chr       Skim Chr         8       S         G Chicken Strips & Buttered Bread       Beef Nacl         DES:       Gratin Potatoes         I Gratin Potatoes       Corn         Iery Sticks       Refried E         ied Cherries       Shredder         plesauce       Strawber         Silced Pe       Strawber         im Chocolate or Skim White Milk       Skim Chr         DES:       G French Toast Sticks & Sausage Patty       WG Pizze         DES:       SIDES:       SIDES:         angle Potato       Roasted       Assorted         esh Apple Wedges       Blueberri         neapple Tidbits       Mixed Fr  | auce hocolate or Skim White Milk  9 Cho Supreme on WG Tortilla Chips Beans ed Lettuce erries/Banana (winter) Pears hocolate or Skim White Milk  16 za Crunchers d Squash  | Citrus Fruit Bowl<br>Pineapple Tidbits<br>Skim Chocolate or Skim White Milk<br>10<br>Pork Tenderloin Sandwich on WG Bun<br>SIDES:<br>Cherry Tomatoes<br>Island Vegetables<br>Fresh Orange Wedges<br>Cinnamon Apple Slices<br>Skim Chocolate or Skim White Milk<br>17<br>WG Popcorn Chicken & Tiger Grahams<br>SIDES:<br>Baked Beans  | Blueberries<br>Mixed Fruit<br>Cinnamon Streusel Cake<br>Skim Chocolate or Skim White Milk<br>11<br>Chicken Alfredo, WG Pasta, Garlic Breadstick<br>SIDES:<br>Steamed Green Beans<br>Tossed Salad<br>Fresh Pear Wedges<br>Mixed Fruit<br>Skim Chocolate or Skim White Milk<br>18<br>Chicken and Gravy & WG Dinner Roll<br>SIDES:   | Honeydew<br>Mandarin Oranges<br>Skim Chocolate or Skim White Milk<br>12<br>Toasted Cheese WG Sandwich<br>SIDES:<br>Tomato Soup<br>Fresh Broccoli<br>Watermelon/Craisins (winter)<br>Sliced Pears<br>Skim Chocolate or Skim White Milk<br>19<br>Fish Sandwich on WG Bun<br>SIDES:   |
| Applesau         Skim Chr         8       Skim Chr         3 Chicken Strips & Buttered Bread       Beef Nach         DES:       SIDES:         Gratin Potatoes       Corn         lery Sticks       Refried E         plesauce       Strawber         Sliced Pe       Strawber         or Chocolate or Skim White Milk       Skim Chr         DES:       Since Pe         im Chocolate or Skim White Milk       Skim Chr         DES:       SIDES:         G French Toast Sticks & Sausage Patty       WG Pizza         DES:       SIDES:       SIDES:         angle Potato       Roasted       Assorted         sh Apple Wedges       Blueberri         ieapple Tidbits       Mixed Fr   | auce<br>hocolate or Skim White Milk<br>9<br>cho Supreme on WG Tortilla Chips<br>Beans<br>ed Lettuce<br>erries/Banana (winter)<br>Pears<br>hocolate or Skim White Milk<br>16<br>27<br>27<br>28<br>29<br>20<br>20<br>20<br>20<br>20<br>20<br>20<br>20<br>20<br>20 | Pineapple Tidbits Skim Chocolate or Skim White Milk 10 Pork Tenderloin Sandwich on WG Bun SIDES: Cherry Tomatoes Island Vegetables Fresh Orange Wedges Cinnamon Apple Slices Skim Chocolate or Skim White Milk 17 WG Popcorn Chicken & Tiger Grahams SIDES: Baked Beans  | Mixed Fruit<br>Cinnamon Streusel Cake<br>Skim Chocolate or Skim White Milk<br>11<br>Chicken Alfredo, WG Pasta, Garlic Breadstick<br>SIDES:<br>Steamed Green Beans<br>Tossed Salad<br>Fresh Pear Wedges<br>Mixed Fruit<br>Skim Chocolate or Skim White Milk<br>18<br>Chicken and Gravy & WG Dinner Roll<br>SIDES:  | Mandarin Oranges NATIONAL CHEESE P222 Skim Chocolate or Skim White Milk 12 Toasted Cheese WG Sandwich SIDES: Tomato Soup Fresh Broccoli Watermelon/Craisins (winter) Sliced Pears Skim Chocolate or Skim White Milk 19 Fish Sandwich on WG Bun SIDES:  |
| Skim Cho<br>8 Skim Cho<br>8 Skim Cho<br>8 Skim Cho<br>8 Skim Cho<br>8 Skim Cho<br>9 Skim Cho<br>9 Skim Cho<br>9 Silved Bread Beef Nacl<br>9 SIDES:<br>Corn<br>8 SIDES:<br>Corn<br>8 SIDES:<br>Corn<br>8 SIDES:<br>Corn<br>8 SIDES:<br>Corn<br>8 Silved Pe<br>Sired Pe<br>Silved Pe<br>Silved Pe<br>Silved Pe<br>9 Silved   | hocolate or Skim White Milk 9 cho Supreme on WG Tortilla Chips Beans ed Lettuce erries/Banana (winter) Pears hocolate or Skim White Milk 16 za Crunchers d Squash   | Skim Chocolate or Skim White Milk<br>10<br>Pork Tenderloin Sandwich on WG Bun<br>SIDES:<br>Cherry Tomatoes<br>Island Vegetables<br>Fresh Orange Wedges<br>Cinnamon Apple Slices<br>Skim Chocolate or Skim White Milk<br>17<br>WG Popcorn Chicken & Tiger Grahams<br>SIDES:<br>Baked Beans  | Cinnamon Streusel Cake<br>Skim Chocolate or Skim White Milk<br>11<br>Chicken Alfredo, WG Pasta, Garlic Breadstick<br>SIDES:<br>Steamed Green Beans<br>Tossed Salad<br>Fresh Pear Wedges<br>Mixed Fruit<br>Skim Chocolate or Skim White Milk<br>18<br>Chicken and Gravy & WG Dinner Roll<br>SIDES:   | CHEESE Pizz<br>Skim Chocolate or Skim White Milk<br>12<br>Toasted Cheese WG Sandwich<br>SIDES:<br>Tomato Soup<br>Fresh Broccoli<br>Watermelon/Craisins (winter)<br>Sliced Pears<br>Skim Chocolate or Skim White Milk<br>19<br>Fish Sandwich on WG Bun<br>SIDES:  |
| 8     Beef Nach       G Chicken Strips & Buttered Bread     Beef Nach       DES:     SIDES:       Gratin Potatoes     Corn       ery Sticks     Refried E       scherder     Shredder       plesauce     Strawber       Sliced Pe     Sliced Pe       m Chocolate or Skim White Milk     Skim Cho       5     French Toast Sticks & Sausage Patty       DES:     SIDES:       angle Potato     Roasted       nach Salad     Assorted       sch Apple Wedges     Bluebern       eapple Tidbits     Mixed Fr  | 9<br>cho Supreme on WG Tortilla Chips<br>Beans<br>ed Lettuce<br>erries/Banana (winter)<br>Pears<br>hocolate or Skim White Milk<br>16<br>za Crunchers  | 10<br>Pork Tenderloin Sandwich on WG Bun<br>SIDES:<br>Cherry Tomatoes<br>Island Vegetables<br>Fresh Orange Wedges<br>Cinnamon Apple Slices<br>Skim Chocolate or Skim White Milk<br>17<br>WG Popcorn Chicken & Tiger Grahams<br>SIDES:<br>Baked Beans   | Skim Chocolate or Skim White Milk<br>11<br>Chicken Alfredo, WG Pasta, Garlic Breadstick<br>SIDES:<br>Steamed Green Beans<br>Tossed Salad<br>Fresh Pear Wedges<br>Mixed Fruit<br>Skim Chocolate or Skim White Milk<br>18<br>Chicken and Gravy & WG Dinner Roll<br>SIDES:   | 12         Toasted Cheese WG Sandwich         SIDES:         Tomato Soup         Fresh Broccoli         Watermelon/Craisins (winter)         Sliced Pears         Skim Chocolate or Skim White Milk         19         Fish Sandwich on WG Bun         SIDES:  |
| 8       G Chicken Strips & Buttered Bread     Beef Nacl       DES:     SIDES:       Gratin Potatoes     Corn       lery Sticks     Refried E       jed Cherries     Shredder       plesauce     Strawber       Sliced Pe     Strawber       Silced Pe     Strawber       DES:     SIDES:       angle Potato     Roasted       inach Salad     Assorted       esh Apple Wedges     Blueberri       weapple Tidbits     Mixed Fr  | 9<br>cho Supreme on WG Tortilla Chips<br>Beans<br>ed Lettuce<br>erries/Banana (winter)<br>Pears<br>hocolate or Skim White Milk<br>16<br>za Crunchers  | 10<br>Pork Tenderloin Sandwich on WG Bun<br>SIDES:<br>Cherry Tomatoes<br>Island Vegetables<br>Fresh Orange Wedges<br>Cinnamon Apple Slices<br>Skim Chocolate or Skim White Milk<br>17<br>WG Popcorn Chicken & Tiger Grahams<br>SIDES:<br>Baked Beans   | 11         Chicken Alfredo, WG Pasta, Garlic Breadstick         SIDES:       Steamed Green Beans         Tossed Salad       Image: Colspan="2">Image: Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Image: Colspan="2">Colspan="2">Image: Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2">Colspan="2"Colspan | 12         Toasted Cheese WG Sandwich         SIDES:         Tomato Soup         Fresh Broccoli         Watermelon/Craisins (winter)         Sliced Pears         Skim Chocolate or Skim White Milk         19         Fish Sandwich on WG Bun         SIDES:  |
| G Chicken Strips & Buttered Bread     Beef Nach       DES:     SIDES:       I Grain Potatoes     Corn       ellery Sticks     Refried E       ied Cherries     Shredder       splesauce     Strawber       im Chocolate or Skim White Milk     Skim Chr <b>15</b> G       DES:     SIDES:       iangle Potato     Roasted       inach Salad     Assorted       esh Apple Wedges     Blueberri       heapple Tidbits     Mixed Fr  | cho Supreme on WG Tortilla Chips<br>Beans<br>ed Lettuce<br>erries/Banana (winter)<br>Pears<br>hocolate or Skim White Milk<br>16<br>za Crunchers   | Pork Tenderloin Sandwich on WG Bun<br>SIDES:<br>Cherry Tomatoes<br>Island Vegetables<br>Fresh Orange Wedges<br>Cinnamon Apple Slices<br>Skim Chocolate or Skim White Milk<br><b>17</b><br>WG Popcorn Chicken & Tiger Grahams<br>SIDES:<br>Baked Beans  | Chicken Alfredo, WG Pasta, Garlic Breadstick<br>SIDES:<br>Steamed Green Beans<br>Tossed Salad<br>Fresh Pear Wedges<br>Mixed Fruit<br>Skim Chocolate or Skim White Milk<br>18<br>Chicken and Gravy & WG Dinner Roll<br>SIDES:  | Toasted Cheese WG Sandwich<br>SIDES:<br>Tomato Soup<br>Fresh Broccoli<br>Watermelon/Craisins (winter)<br>Sliced Pears<br>Skim Chocolate or Skim White Milk<br><b>19</b><br>Fish Sandwich on WG Bun<br>SIDES:   |
| DES: SIDES: Corn<br>lery Sticks Refried E<br>ied Cherries Shredder<br>plesauce Strawber<br>Sliced Pe<br>im Chocolate or Skim White Milk Skim Chr<br>15<br>G French Toast Sticks & Sausage Patty WG Pizza<br>DES: SIDES: SIDES:<br>angle Potato Roasted<br>inach Salad Assorted<br>sch Apple Wedges Blueberri<br>reapple Tidbits Mixed Fr  | Beans<br>ed Lettuce<br>erries/Banana (winter)<br>Pears<br>hocolate or Skim White Milk<br><b>16</b><br>za Crunchers<br>d Squash  | SIDES:<br>Cherry Tomatoes<br>Island Vegetables<br>Fresh Orange Wedges<br>Cinnamon Apple Slices<br>Skim Chocolate or Skim White Milk<br><b>17</b><br>WG Popcorn Chicken & Tiger Grahams<br>SIDES:<br>Baked Beans  | SIDES:<br>Steamed Green Beans<br>Tossed Salad<br>Fresh Pear Wedges<br>Mixed Fruit<br>Skim Chocolate or Skim White Milk<br>18<br>Chicken and Gravy & WG Dinner Roll<br>SIDES:  | SIDES:<br>Tomato Soup<br>Fresh Broccoli<br>Watermelon/Craisins (winter)<br>Sliced Pears<br>Skim Chocolate or Skim White Milk<br><b>19</b><br>Fish Sandwich on WG Bun<br>SIDES:   |
| Gratin Potatoes     Corn       lery Sticks     Refried E       ied Cherries     Shredded       plesauce     Strawber       Sliced Pe     Sliced Pe       im Chocolate or Skim White Milk     Skim Che <b>15 15</b> G French Toast Sticks & Sausage Patty     WG Pizza       DES:     SIDES:       angle Potato     Roasted       inach Salad     Assorted       Blueberri     Blueberri       ieapple Tidbits     Mixed Fr  | Beans<br>ed Lettuce<br>erries/Banana (winter)<br>Pears<br>hocolate or Skim White Milk<br>16<br>za Crunchers   | Cherry Tomatoes<br>Island Vegetables<br>Fresh Orange Wedges<br>Cinnamon Apple Slices<br>Skim Chocolate or Skim White Milk<br><b>17</b><br>WG Popcorn Chicken & Tiger Grahams<br>SIDES:<br>Baked Beans  | Steamed Green Beans<br>Tossed Salad<br>Fresh Pear Wedges<br>Mixed Fruit<br>Skim Chocolate or Skim White Milk<br>18<br>Chicken and Gravy & WG Dinner Roll<br>SIDES:  | Tomato Soup<br>Fresh Broccoli<br>Watermelon/Craisins (winter)<br>Sliced Pears<br>Skim Chocolate or Skim White Milk<br>19<br>Fish Sandwich on WG Bun<br>SIDES:  |
| Gratin Potatoes     Corn       ery Sticks     Refried E       ed Cherries     Shredded       plesauce     Strawber       Sliced Pe     Sliced Pe       m Chocolate or Skim White Milk     Skim Che <b>15</b> French Toast Sticks & Sausage Patty       VES:     SIDES:       angle Potato     Roasted       nach Salad     Assorted       sh Apple Wedges     Blueberri       eapple Tidbits     Mixed Fr   | Beans<br>ed Lettuce<br>erries/Banana (winter)<br>Pears<br>hocolate or Skim White Milk<br>16<br>za Crunchers   | Cherry Tomatoes<br>Island Vegetables<br>Fresh Orange Wedges<br>Cinnamon Apple Slices<br>Skim Chocolate or Skim White Milk<br><b>17</b><br>WG Popcorn Chicken & Tiger Grahams<br>SIDES:<br>Baked Beans  | Steamed Green Beans<br>Tossed Salad<br>Fresh Pear Wedges<br>Mixed Fruit<br>Skim Chocolate or Skim White Milk<br>18<br>Chicken and Gravy & WG Dinner Roll<br>SIDES:  | Tomato Soup<br>Fresh Broccoli<br>Watermelon/Craisins (winter)<br>Sliced Pears<br>Skim Chocolate or Skim White Milk<br>19<br>Fish Sandwich on WG Bun<br>SIDES:  |
| ery Sticks Refried E<br>ed Cherries Shredder<br>plesauce Strawber<br>Sliced Pe<br>m Chocolate or Skim White Milk Skim Chr<br>15<br>5 French Toast Sticks & Sausage Patty WG Pizza<br>DES: SIDES:<br>angle Potato Roasted<br>nach Salad Assorted<br>sh Apple Wedges Blueberr<br>eapple Tidbits Mixed Fr  | ed Lettuce<br>erries/Banana (winter)<br>Pears<br>hocolate or Skim White Milk<br><b>16</b><br>za Crunchers<br>d Squash   | Island Vegetables<br>Fresh Orange Wedges<br>Cinnamon Apple Slices<br>Skim Chocolate or Skim White Milk<br><b>17</b><br>WG Popcorn Chicken & Tiger Grahams<br>SIDES:<br>Baked Beans   | Tossed Salad<br>Fresh Pear Wedges<br>Mixed Fruit<br>Skim Chocolate or Skim White Milk<br>18<br>Chicken and Gravy & WG Dinner Roll<br>SIDES:   | Fresh Broccoli<br>Watermelon/Craisins (winter)<br>Sliced Pears<br>Skim Chocolate or Skim White Milk<br>19<br>Fish Sandwich on WG Bun<br>SIDES:   |
| ed Cherries Shredder<br>plesauce Strawber<br>Sliced Pe<br>m Chocolate or Skim White Milk Skim Chr<br>15 Srench Toast Sticks & Sausage Patty WG Pizza<br>DES: SIDES: SIDES:<br>angle Potato Roasted<br>nach Salad Assorted<br>sh Apple Wedges Blueberr<br>eapple Tidbits Mixed Fr  | ed Lettuce<br>erries/Banana (winter)<br>Pears<br>hocolate or Skim White Milk<br><b>16</b><br>za Crunchers<br>d Squash   | Fresh Orange Wedges<br>Cinnamon Apple Slices<br>Skim Chocolate or Skim White Milk<br><b>17</b><br>WG Popcorn Chicken & Tiger Grahams<br>SIDES:<br>Baked Beans  | Fresh Pear Wedges<br>Mixed Fruit<br>Skim Chocolate or Skim White Milk<br>18<br>Chicken and Gravy & WG Dinner Roll<br>SIDES:   | Watermelon/Craisins (winter)<br>Sliced Pears<br>Skim Chocolate or Skim White Milk<br>19<br>Fish Sandwich on WG Bun<br>SIDES:   |
| plesauce Strawber<br>Sliced Per<br>Sliced Per<br>Skim Chocolate or Skim White Milk Skim Cho<br>TS<br>French Toast Sticks & Sausage Patty WG Pizza<br>DES: SIDES:<br>angle Potato Roasted<br>inach Salad Assorted<br>sch Apple Wedges Blueberr<br>leapple Tidbits Mixed Fr   | erries/Banana (winter)<br>Pears<br>hocolate or Skim White Milk<br><b>16</b><br>za Crunchers<br>d Squash   | Cinnamon Apple Slices<br>Skim Chocolate or Skim White Milk<br>17<br>WG Popcorn Chicken & Tiger Grahams<br>SIDES:<br>Baked Beans  | Mixed Fruit<br>Skim Chocolate or Skim White Milk<br>18<br>Chicken and Gravy & WG Dinner Roll<br>SIDES:  | Sliced Pears Skim Chocolate or Skim White Milk 19 Fish Sandwich on WG Bun SIDES:   |
| Sliced Per<br>m Chocolate or Skim White Milk Skim Cho<br>15<br>5 French Toast Sticks & Sausage Patty WG Pizza<br>DES: SIDES:<br>angle Potato Roasted<br>inach Salad Assorted<br>sh Apple Wedges Blueberr<br>leapple Tidbits Mixed Fr  | Dears<br>hocolate or Skim White Milk<br>16<br>za Crunchers<br>d Squash  | Skim Chocolate or Skim White Milk<br>17<br>WG Popcorn Chicken & Tiger Grahams<br>SIDES:<br>Baked Beans   | Skim Chocolate or Skim White Milk 18 Chicken and Gravy & WG Dinner Roll SIDES:  | Skim Chocolate or Skim White Milk 19 Fish Sandwich on WG Bun SIDES:  |
| im Chocolate or Skim White Milk Skim Cho<br>15<br>G French Toast Sticks & Sausage Patty WG Pizza<br>DES: SIDES:<br>angle Potato Roasted<br>inach Salad Assorted<br>Ish Apple Wedges Blueberri<br>ieapple Tidbits Mixed Fr   | hocolate or Skim White Milk<br>16<br>za Crunchers<br>d Squash   | 17<br>WG Popcorn Chicken & Tiger Grahams<br>SIDES:<br>Baked Beans  | 18<br>Chicken and Gravy & WG Dinner Roll<br>SIDES:  | 19<br>Fish Sandwich on WG Bun<br>SIDES:  |
| 15       G French Toast Sticks & Sausage Patty     WG Pizze       DES:     SIDES:       iangle Potato     Roasted       iinach Salad     Assorted       esh Apple Wedges     Blueberri       neapple Tidbits     Mixed Fr   | 16<br>za Crunchers<br>d Squash  | 17<br>WG Popcorn Chicken & Tiger Grahams<br>SIDES:<br>Baked Beans  | 18<br>Chicken and Gravy & WG Dinner Roll<br>SIDES:  | 19<br>Fish Sandwich on WG Bun<br>SIDES:  |
| G French Toast Sticks & Sausage Patty WG Pizza<br>DES: SIDES: Roasted<br>pinach Salad Assorted<br>esh Apple Wedges Blueberri<br>neapple Tidbits Mixed Fr  | za Crunchers<br>d Squash  | WG Popcorn Chicken & Tiger Grahams<br>SIDES:<br>Baked Beans  | Chicken and Gravy & WG Dinner Roll SIDES:   | Fish Sandwich on WG Bun<br>SIDES:  |
| DES: SIDES:<br>iangle Potato Roasted<br>inach Salad Assorted<br>esh Apple Wedges Bluebern<br>neapple Tidbits Mixed Fr   | d Squash  | SIDES:<br>Baked Beans  | SIDES:  | SIDES:   |
| iangle Potato Roasted<br>inach Salad Assorted<br>esh Apple Wedges Blueberri<br>neapple Tidbits Mixed Fr   | d Squash  | Baked Beans  |   |  |
| iangle Potato Roasted<br>inach Salad Assorted<br>esh Apple Wedges Blueberri<br>neapple Tidbits Mixed Fr   | d Squash  | Baked Beans  |   |  |
| binach Salad Assorted<br>esh Apple Wedges Blueberri<br>neapple Tidbits Mixed Fr   |   |  | Masheu Polaloes   | Steamed broccon  |
| esh Apple Wedges Blueberri<br>neapple Tidbits Mixed Fr  |   |  | California Manatablas   | Terred Calad   |
| neapple Tidbits Mixed Fr  |   | Baby Carrots   | California Vegetables   | Tossed Salad   |
|   |   | Kiwi   | Banana  | Fruit Cup  |
| im Chocolate or Skim White Milk Skim Cho  | -ruit 🚬 🎽 🎉   | Apricots   | Mandarin Oranges  |  |
|   | hocolate or Skim White Milk   | Skim Chocolate or Skim White Milk  | Skim Chocolate or Skim White Milk   | Skim Chocolate or Skim White Milk  |
| 22  | 23  | 24 - IOWA LOCAL FOOD DAY   | 25  | 26 -HOMECOMING   |
|   | ench Bread Pizza  | BBQ Pulled Pork Sandwich on WG Bun   | WG Macaroni & Cheese with Ham   | Wahlert Wins! Walking Taco   |
|   |   | bbg rulled fork Sandwich on we built   | WG Breadstick   |  |
|   |   |  |   | × *  |
| DES: SIDES:   |   | SIDES:   | SIDES:  | SIDES:   |
| untry Vegetables Broccoli   | i Raisin Salad  | Local Corn   | Steamed Broccoli  | Marching Band Black Beans  |
| asoned Curly Fries Carrot Co  | Coins 🔨 🔭 🗛 🖉 💥   | Local Cherry Tomatoes 🗧 🍋 🗍 🔍  | Tossed Salad  | Goal Post Celery Sticks  |
| ied Cherries Fresh Or   | Drange Wedges   | Local Apples   | Cantaloupe  | Linebacker Shredded Lettuce  |
| namon Apple Slices Applesau   | auce Nall.  | Mixed Fruit  | Sliced Pears  | Blue & Gold Fruit Slushie  |
|   | ynu !   |  | Cereal Bar  | Punt Return Sliced Peaches   |
| m Chocolate or Skim White Milk Skim Cho   | hocolate or Skim White Milk   | Skim Chocolate or Skim White Milk  | Skim Chocolate or Skim White Milk   | Skim Chocolate or Skim White Milk  |
| 30  | 31  | October 1  | 2   | 3  |
| icken Patty Sandwich on WG Bun WG Chee  | eese Pizza  | Salisbury Steak & WG Dinner Roll   | Breakfast Sandwich on WG Bun  | WG Tony's Cheesesticks & Marinara  |
|   |   |  |   |  |
| DES: SIDES:   |   | SIDES:   | SIDES:  | SIDES:   |
| noji Fries Pizza Fav  | ava Bean  | Mashed Potatoes with Gravy   | Steamed Peas  | Steamed Broccoli   |
| ked Vegetables Spinach  | n Salad   | Sliced Cucumbers   | Sweet Potato Fries  | Tomato Mozzarella Salad  |
| esh Pear Wedges Grapes  |   | Banana   | Fresh Pineapple   | Fruit Cup  |
|   | ole Tidbits   | Sliced Peaches   | Mandarin Oranges  |  |
|   |   |  |   |  |
|   | hocolate or Skim White Milk   | Skim Chocolate or Skim White Milk  | Skim Chocolate or Skim White Milk   | Skim Chocolate or Skim White Milk  |
| ernate Meals Offered DailyChaf Cal  |   |  |   |  |
| crustable Meal Bundle Chef Sala   | 1.1   |  |   |  |
| gurt Parfait Assorted   |   |  | *WG = Whole Grain Rich Items  | *Menu subject to change without notice   |

\*This institution is an equal opportunity provider.