

VEGETARIAN MENU MEAL ORDER FORM

OCTOBER 2017

LAST NAME:		All information must be filled in completely.	
FIRST NAME:		Please select the choice/choices available <i>for your grade level.</i>	
GRADE:		You can turn in top portion only if you want to keep the copy of the menu.	
ADVISOR:		<i>*Only 11th and 12th grades may order individual daily meals at</i>	
LUNCH ROOM:		CIRCLE YES OR NO	
GRADES 6-12 BREAKFAST:	MONTH OF: OCT	YES	NO
GRADES 6-10 LUNCH:	MONTH OF: OCT	YES	NO
GRADES 11 - 12 LUNCH:	MONTH OF: OCT	YES	NO

***GRADES 11-12 ONLY: I HAVE CIRCLED (ONLY) THE LUNCHES I WANT BELOW.**

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Frosted Flakes Whole Grain Crackers Fruit Juice Milk	3 WG Apple Roll Fruit Juice Milk	4 WG Cinnamon Roll Fruit Juice Milk	5 3.6 oz. WG Banana Muffin Fruit Juice Milk	6 3.6 oz. WG Chocolate Chip Muffin Fruit Orange Juice Milk
9 <i>INDIGENOUS PEOPLES'</i> DAY NO SCHOOL	10 2 oz. Cereal Fruit Juice Milk	11 3.6 oz. WG Blueberry Muffin Fruit Orange Juice Milk	12 3.6 oz. WG Chocolate Muffin Fruit Orange Juice Milk	13 WG Apple Roll Fruit Orange Juice Milk
16 Cereal Graham Crackers Fruit Orange Juice Milk	17 3.6 oz. WG Banana Muffin Fruit Orange Juice Milk	18 3.6 oz. WG Chocolate Chip Muffin Fruit Orange Juice Milk	19 WG Cinnamon Roll Fruit Juice Milk	20 WG Bagel Fruit Orange Juice Milk
23 Cheerios Graham Crackers Fruit Orange Juice Milk	24 2 oz. Cereal Fruit Orange Juice Milk	25 3.6 oz. WG Apple Muffin Fruit Orange Juice Milk	26 Cereal Graham Crackers Fruit Juice Milk	27 WG Cinnamon Roll Fruit Juice Milk
30 Cereal Graham Crackers Fruit Orange Juice Milk	31 WG Croissant w/Jelly Fruit Juice Milk			

LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 VEGGIE Meatballs on WG Sub Green Beans & Broccoli Fruit Milk	3 Mexican Chicken WG Wrap Southwestern Beans Fruit Milk	4 VEGGIE Patty Brown Rice Carrots Orange Milk	5 Pancakes w/Syrup SOY BACON Potato Wedges Baked Apple Slices Milk	6 EARLY RELEASE NO LUNCH
9 <i>INDIGENOUS PEOPLES'</i> DAY NO SCHOOL	10 VEGGIE PATTY on WG Bun Baked Beans Fruit Milk	11 CAESAR Salad WG Wrap Baby Carrots Fruit Milk	12 BBQ VEGGIE PATTY on WG Bun Broccoli & Corn Fruit Milk	13 Ziti & CHEESE Green Beans Whole Grain Roll Fruit Milk
16 VEGGIE Meatballs on WG Sub Baked Beans Orange Milk	17 CHEESE WG QUESADILLA Broccoli Fruit Milk	18 Buffalo Mac & Cheese Green Beans Fruit Milk	19 VEGGIE Parmesan on WG Roll Corn Fruit Milk	20 VEGGIE Sloppy Joe on WG Bun Carrots Fruit Milk
23 Oven Baked VEGGIE Bites Potato Wedges Whole Grain Roll Fruit Milk	24 VEGGIE Patty Brown Rice Green Beans Tangerine Milk	25 VEGGIE PATTY Teriyaki Brown Rice Carrots Fruit Milk	26 SOY Hot Dog on WG Roll Baked Beans Fruit Milk	27 Cheese Pizza Potato Wedges Broccoli Fruit Milk
30 Sweet & Sour VEGGIE BITES Brown Rice Broccoli Orange Milk	31 Stuffed Shells Carrots Whole Grain Roll Fruit Milk	OCTOBER 20 LUNCHES 21 BREAKFASTS		

**If your child has any medically documented allergy, please inform the school nurse immediately. Thank you.*

ALL MENUS ARE SUBJECT TO CHANGE

**Complies with NSLP and SBP Regulations for reimbursable meals.*

**All Meals include 1% Milk or Skim Milk*

LATE ORDERS DELAY YOUR MEALS ONE FULL WEEK



CUT HERE & TURN IN TOP IF YOU WANT TO KEEP MENU AT HOME



R E G U L A R M E N U O N O T H E R S I D E

