



RAYMOND-KNOWLES UNION SCHOOL DISTRICT



October 2019 Breakfast and Lunch Menus

Monday September 30	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
<p>Breakfast: WG Breakfast Pizza / Fruit / Juice / Milk</p> <p><i>Lunch: WGR Chicken Nuggets, Baked Potato Fries, Baby Carrots, Crackers, Fruit, Milk</i></p>	<p>Breakfast: Tornado / Fruit / Juice / Milk</p> <p>Lunch: Hamburger on WG Bun, Baked Beans, Fruit, Milk</p>	<p>Breakfast: WG Cereal & Yogurt / Fruit / Juice / Milk</p> <p><i>Lunch: Beef & Cheese Taco, Refried Beans, Lettuce & Salsa, Crackers, Fruit, Milk</i></p>	<p>Breakfast: WG Pancakes & Syrup / Fruit / Juice / Milk</p> <p><i>Lunch: Chicken Patty Sandwich on WG Bun, Baked Tater Tots, Baby Carrots, Fruit, Milk</i></p>	<p>Breakfast: WG Muffin Bar/ Scrambled Egg / Fruit / Juice / Milk</p> <p><i>Lunch: WG Cheese Pizza, Romaine Lettuce Salad, Green Beans, Fruit, Milk</i></p>
7	8	9	10	11
<p>Breakfast: WG Breakfast Pizza / Fruit / Juice / Milk</p> <p><i>Lunch: WG Pasta & Meat Sauce, WG Roll, Baby Carrots, Fruit, Milk</i></p>	<p>Breakfast: WG Breakfast Bar / Fruit / Juice / Milk</p> <p>Lunch: Mini Corn Dogs, Baked Beans, Baby Carrots, Crackers, Fruit, Milk</p>	<p>Breakfast: WG Cereal & Yogurt / Fruit / Juice / Milk</p> <p><i>Lunch: Beef & Cheese Tostado, Refried Beans, Lettuce & Salsa, Crackers, Fruit, Milk</i></p>	<p>Breakfast: WG Pancakes & Syrup / Fruit / Juice / Milk</p> <p><i>Lunch: Chicken Patty Sandwich on WG Bun, Baked Tater Tots, Baby Carrots, Fruit, Milk</i></p>	<p>Breakfast: WG Mini Cinnis / Fruit / Juice / Milk</p> <p><i>Lunch: Cheese-Stuffed WG Breadsticks w/ Marinara, Romaine Lettuce Salad, Green Beans, Fruit, Milk</i></p>
14	15	16	17	18
<p>Breakfast: WG Breakfast Pizza / Fruit / Juice / Milk</p> <p><i>Lunch: Orange Chicken, White Brown Rice, Broccoli, Baby Carrots, Crackers, Fruit, Milk</i></p>	<p>Breakfast: WG Tornado / Fruit / Juice / Milk</p> <p>Lunch: Chili Con Carne, Baked Potato Fries, Baby Carrots, Crackers, Fruit, Milk</p>	<p>Breakfast: WG Cereal & Yogurt / Fruit / Juice / Milk</p> <p><i>Lunch: Beef & Cheese Tostado, Refried Beans, Lettuce & Salsa, Crackers, Fruit, Milk</i></p>	<p>Breakfast: WG Pancakes & Syrup / Fruit / Juice / Milk</p> <p><i>Lunch: Deli Sandwich, Baked Tator Tots, Baby Carrots, Fruit, Milk</i></p>	<p>Breakfast: WG Breakfast Bar / Fruit / Juice / Milk</p> <p><i>Lunch: WG Pepperoni Pizza, Romaine Lettuce Salad, Green Beans, Fruit, Milk</i></p>
21	22	23	24	25
<i>Fall Break</i>	<i>Fall Break</i>	<i>Fall Break</i>	<i>Fall Break</i>	<i>Fall Break</i>
28	29	30	31	
<p>Breakfast: WG Breakfast Pizza / Fruit / Juice / Milk</p> <p><i>Lunch: WG Chicken Nuggets, Baked Potato Fries, Baby Carrots, Crackers, Fruit, Milk</i></p>	<p>Breakfast: WG CC Breakfast Bar / Fruit / Juice / Milk</p> <p>Lunch: Chicken & Cheese Crispito, Corn, Romaine Lettuce Salad, Crackers, Fruit, Milk</p>	<p>Breakfast: WG Cereal & Yogurt / Fruit / Juice / Milk</p> <p><i>Lunch: Beef & Cheese Taco, Refried Beans, Lettuce & Salsa, Fruit, Milk</i></p>	<p>Breakfast: WG Pancakes & Syrup / Fruit / Juice / Milk</p> <p><i>Lunch: Chicken Patty Sandwich on WG Bun, Baked Tater Tots, Baby Carrots, Fruit, Milk</i></p>	

WGR = whole grain rich

"This institution is an equal opportunity provider."

09/30/2019