

## RAYMOND-KNOWLES UNION SCHOOL DISTRICT



## October 2019 Breakfast and Lunch Menus

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