

# October

Westbrook High School

2018

LUNCH MENU

| Sunday | Monday  | Tuesday  | Wednesday   | Thursday   | Friday   | Saturday |
|--------|---|--|---|--|--|----------|
|        | 1<br>Chicken Alfredo,<br>Green Beans, WG<br>Bread Stick, Fruit,<br>Milk       | 2<br>Walking Tacos,<br>Refried Beans,<br>Fixings, Fruit, Milk                        | 3<br>Hamburger Gravy on<br>Mashed Potatoes,<br>Fresh Veggies, Fruit,<br>Dinner Roll, Milk | 4<br>Pulled Pork on WG<br>Bun,<br>Sweet Potato Fries,<br>Baked Beans, Fruit,<br>Milk | 5<br>WG Chicken Nuggets,<br>Potato, WG Pasta<br>Salad, Carrots, Fruit,<br>Milk | 6        |
| 7      | 8<br>Chicken Caesar Wrap,<br>WG Rice, Green<br>Beans, Fixings, Fruit,<br>Milk | 9<br>Beefy Nachos, Black<br>Beans,<br>Cucumbers, Fixings,<br>Milk                    | 10<br>Sub Bar, Fruit, Fixings<br>Chips, Milk  | 11<br>Cheesy Mascot<br>Bread,<br>Corn, Fruit, Milk                                   | 12<br>New Pizza Stick w<br>Cheese, Broccoli,<br>Baby Carrots, Fruit,<br>Milk   | 13       |
| 14     | 15<br>Stuffed Crust Pizza,<br>Green Beans, Fruit,<br>Milk                     | 16<br>Hamburger on WG<br>Bun,<br>Sweet Potato Fries,<br>Fixings, Fruit, Milk         | 17<br>WG Chicken Strips,<br>Potato, Pasta Salad,<br>Fruit, Milk                           | 18<br>No School MEA  | 19<br>No School MEA  | 20       |
| 21     | 22<br>WG Mini Corn Dogs,<br>Baked Beans, Salad,<br>Fruit, Milk                | 23<br>Chicken Fried Steak,<br>Mashed Potatoes,<br>Fresh Veg, WG Roll,<br>Fruit, Milk | 24<br>Burger Bar, Potato<br>Smiles, Carrots,<br>Fixings<br>Fruit, Milk                    | 25<br>Italian Sub, Corn<br>Carrots, Fruit, Milk                                      | 26<br>Chicken Teriyaki, WG<br>Rice, Green Beans,<br>Bar, Fruit, Milk           | 27       |
| 28     | 29<br>Chicken Fajitas,<br>Fixings,<br>WG Rice, Green<br>Beans,<br>Fruit, Milk | 30<br>Crispito ,Corn,<br>Lettuce Salad, Fruit,<br>Milk                               | 31<br>Halloween Chicken<br>Nuggets, Potato,<br>Pasta Salad, Fruit,<br>Milk                |  |  |          |