

OCTOBER 2022 MENU – WA HE LUT INDIAN SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Friday
<p>3</p> <p>Whole Grain Cereal Yogurt Cup, Fresh Apple, Fruit Juice Choice, Milk Choice</p> <p>Mini Meatball Sub, Ranch Potato Wedges, Tossed Salad, Fresh Apple, Canned Fruit, Milk Choice</p> <p><b>(FALL WEEK 2)</b></p>	<p>4</p> <p>Biscuit &amp; Gravy, Fruit Juice Choice, Milk Choice</p> <p>BBQ Chicken Drumstick, Whole Grain Roll, Baked Beans, Creamy Cole Slaw, Choice of Milk</p>	<p>5</p> <p>Scrumptious Coffee Cake, Fresh Fruit Cup, Fruit Juice Choice, Milk Choice</p> <p>White Chicken Chili, Cornbread Muffin Fresh Blueberries, Salad Bar, Milk Choice</p>	<p>6</p> <p>Western Omelet Quesadilla with Tomato Salsa, Fruit Cup, Fruit Juice Choice, Milk Choice</p> <p>Grilled Chicken Sandwich, Broccoli Florets, Fresh Fruit Choice, Milk Choice</p>	<p>7</p> <p>French Toast Sticks with Syrup, Fruit Cup, Fruit Juice Choice, Milk Choice</p> <p>Pepperoni Pizza, Fresh Strawberries, Canned Fruit Choice, Milk Choice</p>
<p>10</p> <p>Whole Grain Cinnamon Roll, Fresh Banana, Fruit Juice Choice, Milk Choice</p> <p>Peanut Butter Sandwich, Chips, Salad Bar, Fresh Fruit, Fruit Choice, Milk Choice</p> <p><b>(FALL WEEK 3)</b></p>	<p>11</p> <p>Mini Waffles with Syrup, Fresh Fruit, Fruit Juice Choice, Milk Choice</p> <p>Taco Soup, Tortilla Chips, Tomato Salsa, Refried Beans, Fresh Fruit Choice, Choice Milk</p>	<p>12</p> <p>Breakfast Pizza, Fresh Fruit, Fruit Juice Choice, Milk Choice</p> <p>Hamburger on a Bun, Green Beans, Tater Tots, Fresh Fruit, Salad Bar, Milk Choice</p>	<p>13</p> <p>Excellent Egg Taco with Tomato Salsa, Fresh Kiwi, Fruit Juice Choice, Milk Choice</p> <p>Chicken Quesadilla, Tortilla Chips, Black Bean and Corn Salsa, Fresh Fruit, Salad Bar, Milk Choice</p>	<p>14</p> <p>Whole Grain Muffin, Rosy Applesauce, Fruit Juice Choice, Milk Choice</p> <p>Turkey &amp; Cheese Sandwich, Chips, Garden Salad, Fresh Fruit, Canned Fruit Choice, Milk Choice</p>
<p>17</p> <p>Whole Grain Cereal, Sausage Patty, Fruit Cup, Choice Fruit Juice, Milk Choice</p> <p>Corn Dog, Oven Fries, Choice of Fruit, Salad Bar, Milk Choice</p> <p><b>(FALL WEEK 4)</b></p>	<p>18</p> <p>Biscuit &amp; Gravy, Fresh Orange, Fruit Juice Choice, Milk Choice</p> <p>Chili, Cinnamon Roll, Salad Bar, Canned Fruit Choice, Milk Choice</p>	<p>19</p> <p>Kansas Granola Bar, Fresh Juice Choice, Milk Choice</p> <p>Chicken Nuggets, Mashed Potatoes &amp; Gravy, Salad Bar, Canned Fruit Choice, Milk Choice</p>	<p>20</p> <p>Chicken Biscuit Sandwich, Fresh Mixed Fruit Cup, Fruit Juice Choice, Milk Choice</p> <p>Baked Ham, Apple Glazed Sweet Potatoes, Green Beans, Salad Bar, Fresh Fruit Choice, Milk Choice</p>	<p>21</p> <p>Pancake on a Stick, Fresh Strawberries, Fruit Juice Choice, Milk Choice</p> <p>Macaroni &amp; Cheese with Meatballs, Fresh Fruit, Salad Bar, Choice of Milk</p>
<p>24</p> <p>Mini Waffles with Syrup, Fresh Fruit, Fruit Juice Choice, Milk Choice</p> <p>Pig in a Blanket, Roast Red Potatoes, Broccoli with Cheese, Fresh Fruit, Choice of Milk</p> <p><b>(FALL WEEK 1)</b></p>	<p>25</p> <p>Star Spangled Pancakes, Sausage Patty, Fruit Cup, Fruit Juice Choice, Milk Choice</p> <p>Chicken Wrap, Spanish Brown Rice, Salad Bar, Oatmeal Cookie, Salad Bar, Choice of Milk</p>	<p>26</p> <p>Whole Bagel with Toppings, Fresh Strawberries, Fruit Juice Choice, Milk Choice</p> <p>Spaghetti with Meat Sauce, Garlic Bread, Green Beans, Salad Bar, Fruit Choice, Choice of Milk</p>	<p>27</p> <p>Breakfast Pita with Tomato Salsa, Sliced Fruit, Fruit Juice Choice, Milk Choice</p> <p>Taco Salad, Tortilla Chips &amp; Tomato Salsa, Refried Beans, Fresh Watermelon, Cinnamon Puff, Salad Bar, Choice of Milk</p>	<p>28</p> <p>Whole Grain Cinnamon Roll, Yogurt, Fruit Cup, Fruit Juice Choice, Milk Choice</p> <p>Chicken &amp; Noodles, Whole Wheat Roll &amp; Honey, Mashed Potatoes, Fresh Grapes, Salad Bar, Milk Choice</p>
<p>31</p> <p>Whole Grain Cereal, Yogurt Cup, Fresh Apple, Fruit Juice Choice, Milk Choice</p> <p>Mini Meatball Sub, Ranch Potato Wedges, Salad Bar, Fresh Apple, Milk Choice</p> <p><b>(FALL WEEK 2)</b></p>	<p><i>Milk Choice includes a choice of non-fat or 1% Milk</i></p> <p><i>Choice of Fruit for Breakfast Choice of fresh Vegetables &amp; Fruit on the Salad Bar for Lunch, (Fresh and Canned Fruit)</i></p>	<p><i>In accordance with Federal Law and US Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity.</i></p>		