

# WIDE RUINS COMMUNITY SCHOOL ~ FOOD SERVICE PROGRAM

## OCTOBER 2023 ~LUNCH MENU~

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10/2/2023	10/3/2023	10/4/2023	10/5/2023	10/6/2023
Spaghetti & Meat Sauce, Breadstick w/g, Garden Salad Ranch Dressing pkt, Trop. Fruit Salad Cup, Milk 1% or Milk Choc. Fat Free	Chili Dog on Bun w/shred cheese garnish, Baked Beans, Carrot Sticks, Milk 1% or Choco Fat Free	Beef Taco on Hard Shell (2), Cheese/Tomato Garnish, Spanish Rice, Salsa pkt, fresh Fruit, Milk 1% or Choco Fat-Free Milk	Ground Beef w/Fried Potatoes & Corn, HoneyDew Melon, Wheat Tortilla, Milk 1% or Choco Fat Free Milk	Sub Sandwich, mayo/mustard pkt, Asst. Chip, pickle spear, Milk 1% or Milk Choco Fat-Free
10/9/2023	10/10/2023	10/11/2023	10/12/2023	10/13/2023
<b>FALL BREAK - DEEP CLEANING / DISINFECTING / INVENTORY</b>				
<del>10/14/2023</del>	Boiled Egg (2), Whole Wheat Toast w/jelly	<del>10/15/2023</del>	Fried Potatoes w/Spam, Tortilla, Fruit Cup, Milk	<del>10/16/2023</del>
10/16/2023	10/17/2023	10/18/2023	10/19/2023	10/20/2023
Roast Beef (sliced), Mashed Potato (gravy), Green Beans, Yeast Roll, Fruit Freeze Cup, Milk 1% or Choco. Fat Free Milk	Enchilada Casserole (Beef), Baked Beans, Mexican Rice, Homemade Salsa, Peach Slices, Milk 1% Or Choco Fat Free Milk	Meatloaf (homemade), Potato Wedges, Dinner Roll, Broccoli Florets, Apple Wedges, Milk 1% or Choco Fat-Free Milk	Homemade Chili Beans w/Cornbread, Garden salad, Fruit Salad**, Milk 1% or Milk Choco Fat-Free	Turkey/cheese Croissanwich, broccoli Salad, Fruit Cup, Milk 1% or Choco Fat Free Milk
10/23/2023	10/24/2023	10/25/2023	10/26/2023	10/27/2023
Salisbury Steak, Potato Wedges, Yeast Rolls, Carrots, Applesauce, Milk 1% or Choco Fat Free Milk	Nachos w/Beef & Beans, Lettuce/Tomato Chees Garnish, Orange Halves, Milk 1% Or Choco Fat Free Milk	Hamburger on w/w Bun, Lettuce/Tomato Garnish, Potato Fry, Apple Wedges & Pickle Spear, Milk 1% or Choco Fat Free Milk	Pork Chops, Brown Rice, Broccoli Florets, Cantelope Chunks, Milk 1% or Choco Fat Free Milk	Ground Beef/Potato/Cabbage Casserole, Fruit Bowl, Milk 1% or Choco Fat Free Milk

*WRCS is an equal opportunity establishment.*

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