



PRESCHOOL MENU

*BREAKFAST & LUNCH ALWAYS SERVED WITH WHOLE or 1% WHITE MILK

	Monday 9/28/26	Tuesday 9/29/26	Wednesday 9/30/26	Thursday 10/1/26	Friday 10/2/26
Breakfast	WG Cereal 100% Juice	WGR Egg & Cheese "McGriddle" Fresh Fruit	Yogurt Fruit Cup	WG Cereal Fresh Fruit	WGR Rainbown Bagel w/ Cream Cheese Applesauce
Lunch	WGR Chicken Patty on a WGR Bun Corn on the Cob Cinnamon Applesauce	Korean Ground Beef WGR Brown Rice Broccoli Florets Chilled Peaches	Turkey, Green Apple & Cheddar Wrap Cucumber Tomato Salad Mandarin Oranges Chips	WGR Macaroni *Goulash Green Beans Diced Pears	WGR Chicken & Waffles Orange Wedges Smiley Fries
PM Snack	Tostitos Scoops Salsa	WG Chortle Grahams Whole Milk	WGR Soft Pretzel String Cheese	Savory Wheat Crackers Cucumber Slices w/ Ranch	WG Baked Cheetos 100% Juice

WG = Whole Grain

*Turkey or Chicken Based Product

WGR = Whole Grain Rich

*Menu is subject to change *Menus may contain allergens

COMMON SUBSTITUTIONS:
LACTAID/LACTOSE FREE MILK



AFTER SCHOOL MENU

*SUPPER ALWAYS SERVED WITH 1% WHITE MILK

	Monday 9/28/26	Tuesday 9/29/26	Wednesday 9/30/26	Thursday 10/1/26	Friday 10/2/26
Supper	WGR Chicken Patty on a WGR Bun Corn on the Cob Cinnamon Applesauce	Korean Ground Beef WGR Brown Rice Broccoli Florets Chilled Peaches	Turkey, Green Apple & Cheddar Wrap Cucumber Tomato Salad Fruit Cocktail Chips	WGR Macaroni *Goulash Green Beans Diced Pears	WGR Chicken & Waffles Orange Wedges Cole Slaw
PM Snack	Tostitos Scoops Salsa	WG Chortle Grahams Fresh Fruit	WGR Soft Pretzel w/ Ranch Fresh Fruit	Rice Cakes Fresh Fruit	WG Baked Cheetos 100% Juice

WG = Whole Grain

*Turkey or Chicken Based Product

WGR = Whole Grain Rich

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COMMON SUBSTITUTIONS/ALTERNATES:

WGR PEANUT BUTTER & JELLY

WGR GRILLED CHEESE

STRING CHEESE (MEAT ALT)