

**Washington-Wilkes Pre-Kindergarten
October, 2019 Menu**

Note: Market conditions, delivery, and/or availability of food may require changes in menus.

Sept. 30 Breakfast: Breakfast Pizza, Fruit, Juice, Milk Lunch: Asian Chicken, Brown Rice, Stir Fry Vegetables, Squash, Fruit Freeze, Milk	1 Breakfast: Cereal, Toast, Fruit, Juice, Milk Lunch: Chicken Quesadillas, Lettuce, Cheese, Tomato, Black Beans, WK Corn, Fruit, Milk	2 Breakfast: Chicken Biscuit, Fruit, Juice, Milk Lunch: Hamburger on WG Bun, Pickles, Baked Beans, Seasoned Fries, Fruit, Milk	3 Breakfast: WG Muffin, Fruit, Juice, Milk Lunch: Chicken & Waffles with Warm Syrup, Potato Triangles, Dragon Punch, Fruit, Milk	4 Breakfast: WG Waffle, Fruit, Juice, Milk Lunch: Ravioli, Tossed Green Salad, WK Corn, Fruit, Milk
7 Breakfast: Cereal, Cheese Toast, Fruit, Juice, Milk Lunch: Boom Boom Chicken Bites, Brown Rice, Green Beans, Fruit, Milk	8 Breakfast: Egg & Sausage Biscuit, Fruit, Juice, Milk Lunch: Breadsticks with Marinara Sauce, Tossed Green Salad, WK Corn, Fruit, Milk	9 Breakfast: WG Muffin, Fruit, Juice, Milk Lunch: Chicken Sandwich on WG Bun, Chips, Carrots and Celery, Fruit, Milk	10 In-service Day 	11 Fall Break 
14 Fall Break 	15 Breakfast: WG Waffle, Fruit, Juice, Milk Lunch: Country Steak, Brown Rice with Gravy, Broccoli, Fruit, Milk	16 Breakfast: Cereal, Cheese Toast, Fruit, Juice, Milk Lunch: Philly Cheese Steak on WG Bun, Green Beans, Fruit Freeze, Milk	17 Breakfast: WG Muffin, Fruit, Juice, Milk Lunch: Spaghetti with Meat Sauce, WG Texas Toast, Leafy Green Salad, Corn, Fruit Freeze, Milk	18 Breakfast: Yogurt, Grahams, Fruit, Juice, Milk Lunch: Chicken Nuggets, WG Roll, Tossed Green Salad, Cream Potatoes with Gravy, Fruit, Milk
National School Lunch Week is Oct. 14 - 18				
21 Breakfast: Cereal, Toast, Fruit, Juice, Milk Lunch: Corndog, Steamed Broccoli, Baked Beans, Okra, Fruit, Milk	22 Breakfast: WG Muffin, Fruit, Juice, Milk Lunch: Cheeseburger on WG Bun, Pickles, Sweet Potato Fries, Cucumber Slices & Celery with Dip, Fruit, Milk	23 Breakfast: Grits, Biscuit, Fruit, Juice, Milk Lunch: Ravioli, WG Garlic Toast, Tossed Green Salad, English Peas, Fruit, Milk	24 Breakfast: Chicken Biscuit, Fruit, Juice, Milk Lunch: Taco on Corn Shells, Salsa, Black Bean Salad, Fruit, Milk	25 Breakfast: Cinnamon Rolls, Fruit, Juice, Milk Lunch: Macaroni & Cheese, Cornbread, Black-eyed Peas, Turnip Greens, Fruit Freeze, Milk

