

October

GRAB-N-GO MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1
Chicken Taco Wrap
Lettuce/ Tomato
Cheese/ Salsa
Corn Salad / Fruit
W G Chips &
Choice of Milk

2
Make Your Own Cheese Pizza
Marinara Sauce
Corn Salad
Broccoli & Ranch
Fruit/ W G Chips
Choice of Milk

3
Buffalo Chicken Wrap
Lettuce/ Tomato
Cheese
Carrots & Ranch
Fruit/ W R Chips
Choice of Milk

4
Grilled Chicken Sandwich
Lettuce / Tomato
Baked Beans
Fruit/ W G Chips
Fruit &
Choice of Milk

5

6

7
Soy Butter & Jelly
Sandwich
Carrots/Broccoli & Ranch
Fruit/ W G Chips
Choice of Milk

8
Chicken Taco Wrap
Lettuce/ Tomato
Cheese/ Salsa
Corn Salad / Fruit
W G Chips &
Choice of Milk

9
Make Your Own Cheese Pizza
Marinara Sauce
Corn Salad
Broccoli & Ranch
Fruit/ W G Chips
Choice of Milk

10
Buffalo Chicken Wrap
Lettuce/ Tomato
Cheese
Carrots & Ranch
Fruit/ W R Chips
Choice of Milk

11
Grilled Chicken Sandwich
Lettuce / Tomato
Baked Beans
Fruit/ W G Chips
Fruit &
Choice of Milk

12

13

14
**NO
SCHOOL**

15
Chicken Taco Wrap
Lettuce/ Tomato
Cheese/ Salsa
Corn Salad / Fruit
W G Chips &
Choice of Milk

16
Make Your Own Cheese Pizza
Marinara Sauce
Corn Salad
Broccoli & Ranch
Fruit/ W G Chips
Choice of Milk

17
Buffalo Chicken Wrap
Lettuce/ Tomato
Cheese
Carrots & Ranch
Fruit/ W R Chips
Choice of Milk

18
Grilled Chicken Sandwich
Lettuce / Tomato
Baked Beans
Fruit/ W G Chips
Fruit &
Choice of Milk

19

20

21
Soy Butter & Jelly
Sandwich
Carrots/Broccoli & Ranch
Fruit/ W G Chips
Choice of Milk

22
Chicken Taco Wrap
Lettuce/ Tomato
Cheese/ Salsa
Corn Salad / Fruit
W G Chips &
Choice of Milk

23
Make Your Own Cheese Pizza
Marinara Sauce
Corn Salad
Broccoli & Ranch
Fruit/ W G Chips
Choice of Milk

24
Buffalo Chicken Wrap
Lettuce/ Tomato
Cheese
Carrots & Ranch
Fruit/ W R Chips
Choice of Milk

25
**NO
GRAB
N-GO**

26

27

28
Soy Butter & Jelly
Sandwich
Carrots/Broccoli & Ranch
Fruit/ W G Chips

29
Chicken Taco Wrap
Lettuce/ Tomato
Cheese/ Salsa
Corn Salad / Fruit

30
Make Your Own Cheese Pizza
Marinara Sauce
Corn Salad
Broccoli & Ranch

31 Buffalo Chicken Wrap
Lettuce/ Tomato
Cheese
Carrots & Ranch

*This institution is
an equal
opportunity
provider*

2019

MEAL COST
Students: \$3.00 w/milk (all other drinks extra)
Faculty/Staff: \$3.50 (includes tea or milk)
Visitor: \$4.00 (includes tea or milk)
Extra Entrée: \$1.00/Extra Veggie-Salad-Fruit: \$.75
Frozen Fountain Drink: \$1.00 per cup - Bottled drinks: \$.50-\$1.50