

EZ Meals

AFTERSCHOOL MEALS HOT SUPPER OCTOBER MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER ESTA INSTITUCION ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES	1-Roast Chicken (2oz) Black Beans (1/2c) Pineapple (1/4c) WGR Rice (1/2c) Milk (8oz)	2-Chicken Patty (3oz) Mayonnaise (1) Corn (1/2c) Peaches (1) WGR Bun (1) Milk (8oz)	3-Pasta with Meat Sauce (3/4c) Mixed Vegetables (1/2c) Pears (1/4c) WGR Bread or Roll (1) Milk (8oz)	4-Turkey & Cheese (3oz) Mayonnaise & Mustard (1) Potato Salad (2/3c) Peaches (1/4c) WGR Bread or Bun (1) Milk (8oz)
7-Taco Seasoned Chicken (2oz) Lettuce/Tomato (1/2c) Congri (1/2c) Fresh Whole Fruit (1) WGR Tortilla (1) Milk (8oz)	8-Chicken Alfredo Pasta (3/4c) Carrots (1/2c) Pineapple (1/4c) WGR Roll or Bread (1) WGR Pasta in entree (1/2c) Milk (8oz)	9-Cheeseburger (3oz) Ketchup/Mustard (1) Corn (1/2c) Mixed Fruit (1/4c) WGR Bun (1) Milk (8oz)	10-Chicken Strips (2oz) Red Beans (1/2c) Mandarins (1/4c) Rice (1/2c) Milk (8oz)	11-Turkey & Cheese (3oz) Mayonnaise & Mustard (1) Potato Salad (2/3c) Peaches (1/4c) WGR Bread or Bun (1) Milk (8oz)
14-Beef Stew (3oz) Green Beans (1/2c) Fruit Cocktail (1/4c) WGR Rice (1/2c) Milk (8oz)	15-Chicken Patty (3oz) Mayonnaise (1) Corn (1/2c) Fresh Whole Fruit (1) WGR Bun (1) Milk (8oz)	16-Hamburger (3oz) Ketchup/Mustard (1) Lettuce Tomato Salad (1c) Fruit Cocktail (1/4) WGR Bun (1) Milk (8oz)	17-Pasta with Meat Sauce (3/4c) Baby Carrots(1/2c) Peaches (1/4c) WGR Bread or Roll (1) Milk (8oz)	18-Turkey & Cheese (3oz) Mayonnaise & Mustard (1) Potato Salad (2/3c) Peaches (1/4c) WGR Bread or Bun (1) Milk (8oz)
21-Meat Lasagna (3/4c) Mixed Green Salad (1c) Salad Dressing (1) Pears (1/4c) WGR Pasta in Entree (1/2c) Milk (8oz)	22-Chicken Nuggets (6) Mixed Vegetables (1/2c) Fruit Cocktail (1/4c) WGR Macaroni & Cheese (1/2c) Milk (8oz)	23-Glazed Meatballs (6) Peas (1/2c) Pineapple (1/4c) WGR Rice (1/2c) Milk (8oz)	24-Chicken Patty (3oz) Mayonnaise (1) Coleslaw (1/2c) Mandarins (1/4c) WGR Bun (1) Milk (8oz)	25-Ham & Cheese (3oz) Mayonnaise & Mustard (1) Potato Salad (2/3c) Peaches (1/4c) WGR Bread or Bun (1) Milk (8oz)
28-Chicken Nuggets (6) Carrots (1/2cc) Mixed Fruit (1/4c) WGR Rice (1/2c) Milk (8oz)	29-Roast Chicken (2oz) Black Beans (1/2c) Pineapple (1/4c) WGR Rice (1/2c) Milk (8oz)	30-Chicken Patty (3oz) Mayonnaise (1) Corn (1/2c) Peaches (1) WGR Bun (1) Milk (8oz)	31-Pasta with Meat Sauce (3/4c) Mixed Vegetables (1/2c) Pears (1/4c) WGR Bread or Roll (1) Milk (8oz)	

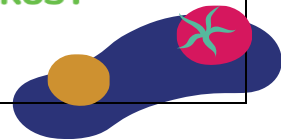
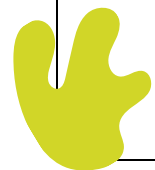
EZ Meals
AFTERSCHOOL MEALS SNACK
OCTOBER MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER ESTA INSTITUCION ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES	1 Cheese Stick (1oz) WGR Savory Crackers (.8oz)	2 100% Juice (3/4c) WGR Muffin (2oz)	3 Fresh Apple (1) WGR Pretzels (.8oz)	4 100% Juice (3/4c) WGR Graham Crackers (1oz)
7 100% Juice (3/4c) WGR Cheddar Goldfish (.75oz)	8 Cheese Stick (1oz) WGR Pretzels (.8oz)	9 100% Juice (3/4c) WGR Muffin (2oz)	10 Fresh Apple (1) WGR Cheese Crackers (.8oz)	11 100% Juice (3/4c) WGR Animal Crackers (1oz)
14 100% Juice (3/4c) WGR Cheddar Goldfish (.75oz)	15 Cheese Stick (1oz) WGR Savory Crackers (.8oz)	16 100% Juice (3/4c) WGR Muffin (2oz)	17 Fresh Apple (1) WGR Pretzels (.8oz)	18 100% Juice (3/4c) WGR Animal Crackers (1oz)
21 100% Juice (3/4c) WGR Honey Grahams (1oz)	22 Cheese Stick (1oz) WGR Pretzels (.8oz)	23 100% Juice (3/4c) WGR Muffin (2oz)	24 Fresh Apple (1) WGR Cheese Crackers (.8oz)	25 100% Juice (6oz) WGR Savory Crackers (.8oz)
28 100% Juice (3/4c) WGR Cheddar Goldfish (.75oz)	29 Cheese Stick (1oz) WGR Savory Crackers (.8oz)	30 100% Juice (3/4c) WGR Muffin (2oz)	31 Fresh Apple (1) WGR Pretzels (.8oz)	

EZ Meals

AFTERSCHOOL MEALS COLD SUPPER OCTOBER MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER ESTA INSTITUCION ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES</p>	<p>1-Beef Bologna & Cheese (3oz) Mayonnaise & Mustard Packet (1) Coleslaw (2/3) Fruit Cocktail (1/4c) WGR Bread (1) Milk (8oz)</p>	<p>2-Ham (2oz) Cheese (1oz) Mayonnaise & Mustard Packet (1) Mixed Green Salad with Shredded Carrots (1c) Salad Dressing (1) Pears (1/4c) WGR Roll (1)</p>	<p>3-Grilled Chicken (2oz) <i>In pasta salad</i> Cucumber (1/2c) Dressing/Dip Pineapple (1/4c) WGR Pasta Salad (3/4c) Milk (8oz)</p>	<p>4-Turkey & Cheese (3oz) Mayonnaise & Mustard Packet (1) Potato Salad (1/2c) Peaches (1/4c) WGR Bread or Bun (1) Milk (8oz)</p>
<p>7-Chicken Salad (3oz) Baby Carrots (1/4c) Cherry or Grape Tomatoes (1/4c) Dressing/Dip Mandarins (1/4c) WG Crackers (22g) Milk (8oz)</p>	<p>8-Beef Bologna & Cheese (3oz) Mayonnaise & Mustard Packet (1) Coleslaw (1/2c) Mixed Fruit (1/4c) WGR Bread (1) Milk (8oz)</p>	<p>9-Ham (2oz) Cheese (1oz) Mayonnaise & Mustard Packet (1) Mixed Green Salad with Shredded Carrots (1c) Salad Dressing (1) Pears (1/4c) WGR Roll (1) Milk (8oz)</p>	<p>10-Grilled Chicken (2oz) <i>In pasta salad</i> Cucumber (1/2c) Dressing/Dip Pineapple (1/4c) WGR Pasta Salad (3/4c) Milk ()</p>	<p>11-Turkey & Cheese (3oz) Mayonnaise & Mustard Packet (1) Potato Salad (2/3c) Peaches (1/4c) WGR Bread or Bun (1) Milk (8oz)</p>
<p>14-Tuna Salad (3oz) Cucumbers (1/4c) Cherry or Grape Tomatoes (1/4c) Dressing/Dip Mandarins (1/4c) WG Crackers (22g) Milk (8oz)</p>	<p>15-Ham (2oz) Cheese (1oz) Mayonnaise & Mustard Packet (1) Coleslaw Fruit Cocktail (1/4c) WGR Bread (1) Milk (8oz)</p>	<p>16-Chicken Salad (3oz) Mixed Green Salad with Shredded Carrots (1c) Salad Dressing (1) Pears (1/4c) WGR Roll (1) Milk (8oz)</p>	<p>17-Turkey & Cheese (2.5oz) <i>In pasta salad</i> Baby Carrots (1/2c) Dressing/Dip (1) Applesauce (1/4c) WGR Pasta Salad (3/4c) Milk (8oz)</p>	<p>18-Turkey & Cheese (3oz) Mayonnaise & Mustard Packet (1) Potato Salad (2/3c) Peaches (1/4c) WGR Bread or Bun (1) Milk (8oz)</p>
<p>21-Egg Salad (3oz) Baby Carrots (1/4c) Cherry or Grape Tomatoes (1/4c) Dressing /Dip(1) Mandarins (1/4c) WG Crackers (1oz) Milk (8oz)</p>	<p>22-Beef Bologna & Cheese (3oz) Mayonnaise & Mustard Packet (1) Coleslaw (2/3) Fruit Cocktail (1/4c) WGR Bread (1) Milk (8oz)</p>	<p>23-Ham (2oz) Cheese (1oz) Mayonnaise & Mustard Packet (1) Mixed Green Salad with Shredded Carrots (1c) Salad Dressing (1) Pears (1/4c) WGR Roll (1)</p>	<p>24-Grilled Chicken (2oz) <i>In pasta salad</i> Cucumber (1/2c) Dressing/Dip Pineapple (1/4c) WGR Pasta Salad (3/4c) Milk (8oz)</p>	<p>25-Turkey & Cheese (3oz) Mayonnaise & Mustard Packet (1) Potato Salad (1/2c) Peaches (1/4c) WGR Bread or Bun (1) Milk (8oz)</p>
<p>28-Chicken Salad (3oz) Baby Carrots (1/4c) Cherry or Grape Tomatoes (1/4c) Dressing/Dip Mandarins (1/4c) WG Crackers (22g) Milk (8oz)</p>	<p>29-Beef Bologna & Cheese (3oz) Mayonnaise & Mustard Packet (1) Coleslaw (1/2c) Mixed Fruit (1/4c) WGR Bread (1) Milk (8oz)</p>	<p>30-Ham (2oz) Cheese (1oz) Mayonnaise & Mustard Packet (1) Mixed Green Salad with Shredded Carrots (1c) Salad Dressing (1) Pears (1/4c) WGR Roll (1) Milk (8oz)</p>	<p>31-Grilled Chicken (2oz) <i>In pasta salad</i> Cucumber (1/2c) Dressing/Dip Pineapple (1/4c) WGR Pasta Salad (3/4c) Milk ()</p>	