


Exquisite Catering
AFTERSCHOOL MEALS HOT SUPPER
OCTOBER MENU

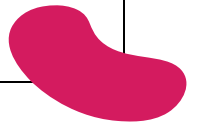
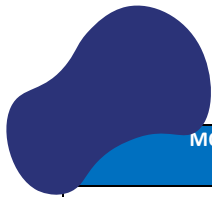


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1-*Salisbury Steak (2.25oz) Mashed Potatoes (1/2c) Fresh Fruit (1/4c) WGR Roll (1) Milk (8oz)	2-*Chicken Alfredo Pasta (1c) Green Beans (1/2c) Fresh Fruit (1/4c) WGR Pasta in entree (1/2c) Milk (8oz)	3-*Turkey Corn Dog (4oz) Green Peas (1/2c) Fresh Fruit (1/4c) WGR Breading in entrée (1oz eq) Milk (8oz)	4-*Beefaroni (3/4c) Carrot Sticks (1/2c) Dressing/Dip (1) Fresh Fruit (1/4c) WGR Pasta in entree (1/2c) Milk (8oz)
7-*Chicken Patty (3oz) Ketchup/Mustard (1) Mixed Vegetables (1/2c) Fresh Fruit (1/4c) WGR Bun (1) Milk (8oz)	8-*Meatballs (3) Carrots (1/2c) Fresh Fruit (1/4c) WGR Rice (1/2c) Milk (8oz)	9-*Baked Ziti Pasta (3/4c) Green Beans (1/2c) Fresh Fruit (1/4c) WGR Pasta in entree (1/2c) Milk (8oz)	10-*Hamburger (2.3oz) Ketchup or Mustard (1) Mashed Potatoes (1/2c) Fresh Fruit (1/4c) WGR Bun (1) Milk (8oz)	11-*Beef & Bean Burrito (5oz) Carrot Sticks (1/2c) Dressing/Dip (1) Fresh Fruit (1/4c) WGR Tortilla in entrée (1) Milk (8oz)
14-*Chicken Nuggets (5) Ketchup (1) Mixed Vegetables (1/2c) Fresh Fruit (1/4c) WGR Roll (1) Milk (8oz)	15-*Meatloaf (2.3oz) Mashed Potatoes (1/2c) Fresh Fruit (1/4c) WG Bun (1) Milk (8oz)	16-*Macaroni & Cheese (1c) Green Beans (1/2c) Fresh Fruit (1/4c) WGR Pasta in entree (1/2c) Milk (8oz)	17-*Teriyaki or BBQ Chicken (3oz) Corn (1/2c) Fresh Fruit (1/4c) WGR Rice (1/2c) Milk (8oz)	18-*Baked Ziti Pasta (3/4c) Carrot Sticks (1/2c) Dressing/Dip (1) Fresh Fruit (1/4c) WGR Pasta in entree (1/2c) Milk (8oz)
21-*Meatballs (3) Mixed Vegetables (1/2c) Fresh Fruit (1/4c) WGR Bun (1/2c) Milk (8oz)	22-*BBQ Chicken Leg (1 piece) Carrots (1/2c) Fresh Fruit (1/4c) WGR Rice (1/2c) Milk (8oz)	23-*Beefaroni (3/4c) Green Beans (1/2c) Fresh Fruit (1/4c) WGR Pasta in entree (1/2c) Milk (8oz)	24-* Fajita/Taco Chicken (2oz) Corn (1/2c) Fresh Fruit (1/4c) Tortilla (1) Milk (8oz)	25-*BBQ Beef Patty (2oz) Carrot Sticks (1/2c) Dressing/Dip (1) Fresh Fruit (1/4c) WGR Bun (1) Milk (8oz)
28-*Chicken Nuggets (5) Ketchup (1) Mixed Vegetables (1/2c) Fresh Fruit (1/4c) WGR Roll (1) Milk (8oz)	29-*Salisbury Steak (2.25oz) Mashed Potatoes (1/2c) Fresh Fruit (1/4c) WGR Roll (1) Milk (8oz)	30-*Chicken Alfredo Pasta (1c) Green Beans (1/2c) Fresh Fruit (1/4c) WGR Pasta in entree (1/2c) Milk (8oz)	31-*Turkey Corn Dog (4oz) Green Peas (1/2c) Fresh Fruit (1/4c) WGR Breading in entrée (1oz eq) Milk (8oz)	THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER ESTA INSTITUCION ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES

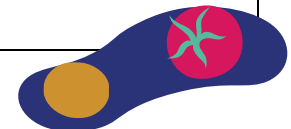
Exquisite Catering
AFTERSCHOOL MEALS SNACK
OCTOBER MENU




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<u>1</u> 100% Fruit Juice (6oz) WGR Cheese Crackers (1oz)	<u>2</u> Carrot Sticks (3/4c) or Raisins (1.5oz) Dressing/Dip (with carrots) (1) WGR Muffin (2oz)	<u>3</u> Fresh Fruit (3/4c) WGR Tortilla Chips (1oz)	<u>4</u> 100% Fruit Juice (6oz) WGR Pretzels (1oz)
<u>7</u> 100% Fruit Juice (6oz) WGR Graham Crackers (1oz)	<u>8</u> 100% Fruit Juice (6oz) WGR Cheese Crackers (1oz)	<u>9</u> Cheese Stick (1oz) WGR Muffin (2oz)	<u>10</u> Fresh Fruit (3/4c) WGR Animal Crackers (1oz)	<u>11</u> 100% Fruit Juice (6oz) WGR Pretzels (1oz)
<u>14</u> 100% Fruit Juice (6oz) WGR Graham Crackers (1oz)	<u>15</u> 100% Fruit Juice (6oz) WGR Cheese Crackers (1oz)	<u>16</u> Carrot Sticks (3/4c) or Raisins (1.5oz) Dressing/Dip (with carrots) (1) WGR Muffin (2oz)	<u>17</u> Fresh Fruit (3/4c) WGR Animal Crackers (1oz)	<u>18</u> 100% Fruit Juice (6oz) WGR Pretzels (1oz)
<u>21</u> 100% Fruit Juice (6oz) WGR Graham Crackers (1oz)	<u>22</u> 100% Fruit Juice (6oz) WGR Cheese Crackers (1oz)	<u>23</u> Carrot Sticks (3/4c) or Raisins (1.5oz) Dressing/Dip (with carrots) (1) WGR Muffin (2oz)	<u>24</u> Fresh Fruit (3/4c) WGR Tortilla Chips (1oz)	<u>25</u> 100% Fruit Juice (6oz) WGR Pretzels (1oz)
<u>28</u> 100% Fruit Juice (6oz) WGR Graham Crackers (1oz)	<u>29</u> 100% Fruit Juice (6oz) WGR Cheese Crackers (1oz)	<u>30</u> Carrot Sticks (3/4c) or Raisins (1.5oz) Dressing/Dip (with carrots) (1) WGR Muffin (2oz)	<u>31</u> Fresh Fruit (3/4c) WGR Animal Crackers (1oz)	THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER ESTA INSTITUCION ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES



EXQUISITE CATERING
AFTERSCHOOL MEALS COLD SUPPER
OCTOBER MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1-Beef Bologna & Cheese (3oz) Mustard (1) *Potato Salad (2/3c) Peaches/Pears (1/4c) WGR Bread (1) Milk (8oz)	2-Wrap – Buffalo Chicken (2oz) Mixed Green Salad with Shredded Carrots (1c) Salad Dressing (1) Mixed Fruit (1/4c) WGR Tortilla (1) Milk (8oz)	3-Turkey Ham & Cheese (3oz) Mayonnaise (1) Baby Carrots & Tomatoes (1/2c) Dressing /Dip(1) Applesauce (1/4c) WGR Roll (1) Milk (8oz)	4-Chicken or Turkey with Cheese (3oz) *Creamy Coleslaw(1/2c) Peaches/Pears (1/4c) WGR Bread (1) Milk (8oz)
7-Turkey & Cheese (3oz) Mayonnaise (1) Celery Sticks (1/2c) Dressing/Dip (1) Mandarins (1/4c) WGR Roll (1) Milk (8oz)	8-Ham & Cheese (3oz) Mustard (1) *Potato Salad (2/3c) Peaches/Pears (1/4c) WGR Bread (1) Milk (8oz)	9-Wrap - Italian Chicken (2oz) Mixed Green Salad with Shredded Carrots (1c) Salad Dressing (1) Mixed Fruit (1/4c) WGR Tortilla (1) Milk (8oz)	10-Turkey Ham (1.7oz) Cheese Stick (1oz) Black Bean & Corn Salad (1/2c) Applesauce (1/4c) Cornbread/Muffin (1) Milk (8oz)	11-Chicken or Turkey with Cheese (3oz) Baby Carrots & Tomatoes (1/2c) Dressing /Dip(1) Peaches/Pears (1/4c) WGR Macaroni Salad (1/2c) Milk (8oz)
14-Turkey & Cheese (3oz) Mayonnaise (1) Celery Sticks (1/2c) Dressing/Dip (1) Mandarins (1/4c) WGR Roll (1) Milk (8oz)	15-Ham & Cheese (3oz) Mustard (1) *Potato Salad (2/3c) Peaches/Pears (1/4c) WGR Bread (1) Milk (8oz)	16-Wrap - Caesar Chicken (2oz) Mixed Green Salad with Shredded Carrots (1c) Salad Dressing (1) Mixed Fruit (1/4c) WGR Tortilla (1) Milk (8oz)	17-Turkey Ham (1.7oz) Cheese Stick (1oz) Black Bean & Corn Salad (1/2c) Applesauce (1/4c) Cornbread/Muffin (1) Milk (8oz)	18-Chicken or Turkey with Cheese (3oz) Baby Carrots & Tomatoes (1/2c) Dressing /Dip(1) Peaches/Pears (1/4c) WGR Macaroni Salad (1/2c) Milk (8oz)
21-Turkey & Cheese (3oz) Mayonnaise (1) Celery Sticks (1/2c) Dressing/Dip (1) Mandarins (1/4c) WGR Roll (1) Milk (8oz)	22-Beef Bologna & Cheese (3oz) Mustard (1) *Potato Salad (2/3c) Peaches/Pears (1/4c) WGR Bread (1) Milk (8oz)	23-Wrap – Buffalo Chicken (2oz) Mixed Green Salad with Shredded Carrots (1c) Salad Dressing (1) Mixed Fruit (1/4c) WGR Tortilla (1) Milk (8oz)	24-Turkey Ham & Cheese (3oz) Mayonnaise (1) Baby Carrots & Tomatoes (1/2c) Dressing /Dip(1) Applesauce (1/4c) WGR Roll (1) Milk (8oz)	25-Chicken or Turkey with Cheese (3oz) *Creamy Coleslaw(1/2c) Peaches/Pears (1/4c) WGR Bread (1) Milk (8oz)
28-Turkey & Cheese (3oz) Mayonnaise (1) Celery Sticks (1/2c) Dressing/Dip (1) Mandarins (1/4c) WGR Roll (1) Milk (8oz)	29-Ham & Cheese (3oz) Mustard (1) *Potato Salad (2/3c) Peaches/Pears (1/4c) WGR Bread (1) Milk (8oz)	30-Wrap - Italian Chicken (2oz) Mixed Green Salad with Shredded Carrots (1c) Salad Dressing (1) Mixed Fruit (1/4c) WGR Tortilla (1) Milk (8oz)	31-Turkey Ham (1.7oz) Cheese Stick (1oz) Black Bean & Corn Salad (1/2c) Applesauce (1/4c) Cornbread/Muffin (1) Milk (8oz)	THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER ESTA INSTITUCION ES UN PROVEEDOR QUE OFRECE IGUALDAD DE OPORTUNIDADES