

Oct-19



**WOLCOTT SCHOOL LUNCH
HIGH SCHOOL**

MILK \$.50
LUNCH \$3.15

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>30-Sep</p> <p>CHOOSE 1 ITEM POPCORN CHICKEN BUTTERED NOODLES FRENCH BREAD PIZZA CHEF SALAD /CROUTONS & ROLL DELI BAR YOGURT, FRUIT, GRANOLA PARFAIT CHOOSE 2 FRUITS AND 2 VEGGIES ASSORT FRESH VEG & FRUIT TRAY HOT VEG: BROCCOLI CANNED FRUIT TRAY</p>	<p>1-Oct</p> <p>CHOOSE 1 ITEM CORN DOG NUGGETS CHICKEN PATTIE ON A BUN STUFFED CRUST PIZZA CHEF SALAD /CROUTONS & ROLL DELI BAR YOGURT, FRUIT, GRANOLA PARFAIT CHOOSE 2 FRUITS AND 2 VEGGIES ASSORT FRESH VEG & FRUIT TRAY HOT VEG: BAKED BEANS CANNED FRUIT TRAY OR FRUIT JUICE</p>	<p>2-Oct</p> <p>CHOOSE 1 ITEM MINI PANCAKES WITH EGG AND CHEESE OMELET PERSONAL PAN PIZZA CHICKEN NUGGETS/ ROLL DELI BAR YOGURT, FRUIT, GRANOLA PARFAIT CHOOSE 2 FRUITS AND 2 VEGGIES ASSORT FRESH VEG & FRUIT TRAY HOT VEG: OVEN ROASTED POTATOES CANNED FRUIT TRAY</p>	<p>3-Oct</p> <p>CHOOSE 1 ITEM TOASTED CHEESE CHICKEN TENDERS WITH A ROLL STUFFED CRUST PIZZA CHEF SALAD /CROUTONS & ROLL DELI BAR YOGURT, FRUIT, GRANOLA PARFAIT CHOOSE 2 FRUITS AND 2 VEGGIES ASSORT FRESH VEG & FRUIT TRAY HOT VEG: TOMATO SOUP CANNED FRUIT TRAY OR FRUIT JUICE</p>	<p>4-Oct</p> <p>CHOOSE 1 ITEM MOZZARELLA STICKS MARINARA SAUCE FRENCH BREAD PIZZA CHEF SALAD /CROUTONS & ROLL DELI BAR YOGURT, FRUIT, GRANOLA PARFAIT CHOOSE 2 FRUITS AND 2 VEGGIES ASSORT FRESH VEG & FRUIT TRAY GARDEN SALAD CANNED FRUIT TRAY</p>
<p>7-Oct</p> <p>CHOOSE 1 ITEM POPCORN CHICKEN BROWN RICE FRENCH BREAD PIZZA CHEF SALAD /CROUTONS & ROLL DELI BAR YOGURT, FRUIT, GRANOLA PARFAIT CHOOSE 2 FRUITS AND 2 VEGGIES ASSORT FRESH VEG & FRUIT TRAY HOT VEG: CARROTS CANNED FRUIT TRAY</p>	<p>8-Oct</p> <p>CHOOSE 1 ITEM FRENCH TOAST STICKS/SYRUP served with SAUSAGE PATTIE CHICKEN PATTIE ON A BUN STUFFED CRUST PIZZA CHEF SALAD /CROUTONS & ROLL DELI BAR CHOOSE 2 FRUITS AND 2 VEGGIES ASSORT FRESH VEG & FRUIT TRAY HOT VEG: OVEN BAKED POTATO PUFFS CANNED FRUIT TRAY OR FRUIT JUICE</p>	<p>9-Oct</p> <p>CHOOSE 1 ITEM DICED CHICKEN AND GRAVY PERSONAL PAN PIZZA CHICKEN NUGGETS/ ROLL DELI BAR YOGURT, FRUIT, GRANOLA PARFAIT CHEF SALAD /CROUTONS & ROLL CHOOSE 2 FRUITS AND 2 VEGGIES ASSORT FRESH VEG & FRUIT TRAY HOT VEG: MASHED POTATOES CANNED FRUIT TRAY</p>	<p>10-Oct</p> <p>CHOOSE 1 ITEM PASTA WITH MEATBALLS GARLIC BREADSTICK CHICKEN TENDERS WITH A ROLL STUFFED CRUST PIZZA CHEF SALAD /CROUTONS & ROLL DELI BAR CHOOSE 2 FRUITS AND 2 VEGGIES ASSORT FRESH VEG & FRUIT TRAY HOT VEG: BROCCOLI CANNED FRUIT TRAY OR FRUIT JUICE</p>	<p>11-Oct</p> <p>CHOOSE 1 ITEM BREADSTICK DUNKERS MARINARA SAUCE MOZZARELLA CHEESE CUP FRENCH BREAD PIZZA CHEF SALAD /CROUTONS & ROLL DELI BAR CHOOSE 2 FRUITS AND 2 VEGGIES ASSORT FRESH VEG & FRUIT TRAY GARDEN SALAD CANNED FRUIT TRAY</p>
<p>14-Oct</p> <p> Columbus Day NO SCHOOL</p>	<p>15-Oct</p> <p>CHOOSE 1 ITEM CHICKEN PATTIE ON A BUN SPICY CHICKEN PATTY ON A BUN STUFFED CRUST PIZZA CHEF SALAD /CROUTONS & ROLL DELI BAR YOGURT, FRUIT, GRANOLA PARFAIT CHOOSE 2 FRUITS AND 2 VEGGIES ASSORT FRESH VEG & FRUIT TRAY HOT VEG: CORN CANNED FRUIT TRAY OR FRUIT JUICE</p>	<p>16-Oct</p> <p>CHOOSE 1 ITEM PIZZA CRUNCHERS PERSONAL PAN PIZZA CHICKEN NUGGETS/ ROLL DELI BAR YOGURT, FRUIT, GRANOLA PARFAIT CHEF SALAD /CROUTONS & ROLL CHOOSE 2 FRUITS AND 2 VEGGIES ASSORT FRESH VEG & FRUIT TRAY HOT VEG: BROCCOLI CANNED FRUIT TRAY</p>	<p>17-Oct</p> <p>CHOOSE 1 ITEM CHEESE QUESADILLA CHICKEN TENDERS WITH A ROLL STUFFED CRUST PIZZA CHEF SALAD /CROUTONS & ROLL DELI BAR YOGURT PARFAIT CHOOSE 2 FRUITS AND 2 VEGGIES ASSORT FRESH VEG & FRUIT TRAY HOT VEG: BAKED BEANS CANNED FRUIT TRAY OR FRUIT JUICE</p>	<p>18-Oct</p> <p>CHOOSE 1 ITEM BUFFALO CHICKEN PIZZA OR CHEESE PIZZA DELI BAR CHEF SALAD /CROUTONS & ROLL YOGURT PARFAIT CHOOSE 2 FRUITS AND 2 VEGGIES ASSORT FRESH VEG & FRUIT TRAY GARDEN SALAD CANNED FRUIT TRAY</p>
<p>21-Oct</p> <p>CHOOSE 1 ITEM TERIYAKI CHICKEN DIPPERS BROWN RICE ASSORTED GRINDERS YOGURT PARFAIT CHOOSE 2 FRUITS AND 2 VEGGIES ASSORT FRESH VEG & FRUIT TRAY HOT VEG: CORN CANNED FRUIT TRAY</p>	<p>22-Oct</p> <p>CHOOSE 1 ITEM TOASTED CHEESE CHICKEN PATTIE ON A BUN STUFFED CRUST PIZZA CHEF SALAD /CROUTONS & ROLL DELI BAR CHOOSE 2 FRUITS AND 2 VEGGIES ASSORT FRESH VEG & FRUIT TRAY HOT VEG: TOMATO SOUP CANNED FRUIT TRAY OR FRUIT JUICE</p>	<p>23-Oct</p> <p>CHOOSE 1 ITEM CHILI CHEES FRITOS PERSONAL PAN PIZZA CHICKEN NUGGETS/ ROLL DELI BAR YOGURT, FRUIT, GRANOLA PARFAIT CHOOSE 2 FRUITS AND 2 VEGGIES ASSORT FRESH VEG & FRUIT TRAY HOT VEG: BROCCOLI CANNED FRUIT TRAY</p>	<p>24-Oct</p> <p>CHOOSE 1 ITEM MEATBALL GRINDER CHICKEN TENDERS WITH A ROLL STUFFED CRUST PIZZA CHEF SALAD /CROUTONS & ROLL DELI BAR CHOOSE 2 FRUITS AND 2 VEGGIES ASSORT FRESH VEG & FRUIT TRAY HOT VEG: OVEN BAKED POTATO PUFFS CANNED FRUIT TRAY OR FRUIT JUICE</p>	<p>25-Oct</p> <p>CHOOSE 1 ITEM MOZZARELLA STICKS MARINARA SAUCE FRENCH BREAD PIZZA CHEF SALAD /CROUTONS & ROLL DELI BAR CHOOSE 2 FRUITS AND 2 VEGGIES ASSORT FRESH VEG & FRUIT TRAY GARDEN SALAD CANNED FRUIT TRAY</p>
<p>28-Oct</p> <p>CHOOSE 1 ITEM POPCORN CHICKEN BUTTERED NOODLES FRENCH BREAD PIZZA CHEF SALAD /CROUTONS & ROLL DELI BAR YOGURT, FRUIT, GRANOLA PARFAIT CHOOSE 2 FRUITS AND 2 VEGGIES ASSORT FRESH VEG & FRUIT TRAY HOT VEG: CORN CANNED FRUIT TRAY</p>	<p>29-Oct</p> <p>CHOOSE 1 ITEM CORN DOG NUGGETS CHICKEN PATTIE ON A BUN STUFFED CRUST PIZZA CHEF SALAD /CROUTONS & ROLL DELI BAR YOGURT, FRUIT, GRANOLA PARFAIT CHOOSE 2 FRUITS AND 2 VEGGIES ASSORT FRESH VEG & FRUIT TRAY HOT VEG: BAKED BEANS CANNED FRUIT TRAY OR FRUIT JUICE</p>	<p>30-Oct</p> <p>CHOOSE 1 ITEM MINI PANCAKES WITH EGG AND CHEESE OMELET PERSONAL PAN PIZZA CHICKEN NUGGETS/ ROLL DELI BAR YOGURT, FRUIT, GRANOLA PARFAIT CHOOSE 2 FRUITS AND 2 VEGGIES ASSORT FRESH VEG & FRUIT TRAY HOT VEG: OVEN ROASTED POTATOES CANNED FRUIT TRAY</p>	<p>31-Oct</p> <p>CHOOSE 1 ITEM MONSTER MAC AND CHEESE WITCHES GARLIC BROOMSTICK CHEF SALAD /CROUTONS & ROLL ASSORTED GRINDERS GOBLIN YOGURT PARFAIT FROZEN FRANKENSTEIN JUICE  CHOOSE 2 FRUITS AND 2 VEGGIES ASSORT FRESH VEG & FRUIT TRAY HOT VEG: HAUNTED BROCCOLI TREES CANNED FRUIT TRAY</p>	<p>1-Nov</p> <p>CHOOSE 1 ITEM BUFFALO CHICKEN PIZZA OR CHEESE PIZZA CHEF SALAD /CROUTONS & ROLL ASSORTED GRINDERS YOGURT PARFAIT CHOOSE 2 FRUITS AND 2 VEGGIES ASSORT FRESH VEG & FRUIT TRAY GARDEN SALAD CANNED FRUIT TRAY</p>
<p>COMPLETE EACH MEAL WITH YOUR CHOICE OF A COLORFUL ASSORTMENT OF HIGH FIBER, VITAMIN PACKED FRESH VEGGIES AND FRESH FRUITS, OR CANNED FRUIT OR JUICE.</p>	<p>CHOICE OF NON-FAT OR LOW FAT WHITE MILK OR NON FAT CHOCOLATE, NON FAT STRAWBERRY MILK</p>	<p>THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER</p>	<p>choose one or two vegetables</p>	<p>choose one or two fruits</p>