



Integration: Teleport HS Breakfast - October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						Oct 1, 2022 Closed
Oct 2, 2022	Oct 3, 2022	Oct 4, 2022	Oct 5, 2022	Oct 6, 2022	Oct 7, 2022	Oct 8, 2022
Closed	<ul style="list-style-type: none"> • WGR Cereal • WGR Blueberry Mini Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • Assorted Yogurt • Whole Grain Bread • Bananas (2) • Skim Milk • Milk 1% low-fat 	Closed	<ul style="list-style-type: none"> • WGR Cereal • WGR Corn Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • WGR Waffle Grahams • Oranges (2) • Skim Milk • Milk 1% low-fat 	Closed
Oct 9, 2022	Oct 10, 2022	Oct 11, 2022	Oct 12, 2022	Oct 13, 2022	Oct 14, 2022	Oct 15, 2022
Closed	Closed	<ul style="list-style-type: none"> • WGR Cereal • Whole Grain Bread • Bananas (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • WGR Blueberry Mini Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • WGR Corn Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Assorted Yogurt • WGR Granola Bar • Pears (2) • Milk 1% low-fat • Skim Milk 	Closed
Oct 16, 2022	Oct 17, 2022	Oct 18, 2022	Oct 19, 2022	Oct 20, 2022	Oct 21, 2022	Oct 22, 2022
Closed	<ul style="list-style-type: none"> • WGR Cereal • WGR Corn Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • Assorted Yogurt • Whole Grain Bread • Bananas (2) • Skim Milk • Milk 1% low-fat 	<ul style="list-style-type: none"> • WGR Cereal • Whole Grain Bread • Oranges (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • WGR Blueberry Mini Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • WGR Waffle Grahams • Oranges (2) • Skim Milk • Milk 1% low-fat 	Closed
Oct 23, 2022	Oct 24, 2022	Oct 25, 2022	Oct 26, 2022	Oct 27, 2022	Oct 28, 2022	Oct 29, 2022
Closed	<ul style="list-style-type: none"> • WGR Cereal • Assorted Yogurt • Whole Grain Bread • Bananas (2) • Skim Milk • Milk 1% low-fat 	<ul style="list-style-type: none"> • WGR Cereal • Whole Grain Bread • Oranges (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • WGR Blueberry Mini Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • Whole Grain Bread • Bananas (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Assorted Yogurt • Honey Oat Granola Bar • Pears (2) • Milk 1% low-fat • Skim Milk 	Closed
Oct 30, 2022	Oct 31, 2022					
Closed	<ul style="list-style-type: none"> • WGR Cereal • WGR Blueberry Mini Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 					

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						Oct 1, 2022 Closed
Oct 2, 2022	Oct 3, 2022	Oct 4, 2022	Oct 5, 2022	Oct 6, 2022	Oct 7, 2022	Oct 8, 2022
Closed	<ul style="list-style-type: none"> Roasted Chicken Thigh WGR Pasta w/Olive Oil Diced Carrots Pears (2) Skim Milk Milk 1% low-fat 	<ul style="list-style-type: none"> Salisbury Steak Mashed Potatoes Collard Greens Whole Grain Bread (2) Oranges (2) Milk 1% low-fat Skim Milk 	Closed	<ul style="list-style-type: none"> Beef Hot Dog Mixed Vegetables Potato Nuggets WGR Hot Dog Bun WGR Pasta Salad Apple Milk 1% low-fat Skim Milk 	<ul style="list-style-type: none"> Oven Fried Chicken Brown Rice and Beans Sweet Potato Pears (2) Milk 1% low-fat Skim Milk 	Closed
Oct 9, 2022	Oct 10, 2022	Oct 11, 2022	Oct 12, 2022	Oct 13, 2022	Oct 14, 2022	Oct 15, 2022
Closed	Closed	<ul style="list-style-type: none"> Hamburger on a WGR Bun: Cheese Slice Steak Fries Diced carrots Oranges (2) Skim Milk Milk 1% low-fat Ketchup 	<ul style="list-style-type: none"> WGR Chicken Parmesan Whole Grain Pasta Broccoli Pears (2) Milk 1% low-fat Skim Milk 	<ul style="list-style-type: none"> Beef WGR Soft Taco: Pinto Beans Mixed Vegetables Spanish Rice Oranges (2) Milk 1% low-fat Skim Milk 	<ul style="list-style-type: none"> WGR Macaroni and Cheese Lima Beans Green Beans Whole Grain Bread Clementine (2) Skim Milk Milk 1% low-fat 	Closed
Oct 16, 2022	Oct 17, 2022	Oct 18, 2022	Oct 19, 2022	Oct 20, 2022	Oct 21, 2022	Oct 22, 2022
Closed	<ul style="list-style-type: none"> Roasted Chicken Thigh WGR Pasta w/Olive Oil Green Beans Pears (2) Milk 1% low-fat Skim Milk 	<ul style="list-style-type: none"> Stuffed Shells (3) Green Peas Mozzarella Cheese Whole Grain Bread (2) Clementine (2) Milk 1% low-fat Skim Milk 	<ul style="list-style-type: none"> Chicken Fajita w/ WGR Wrap: Diced Carrots Oranges (2) Milk 1% low-fat Skim Milk 	<ul style="list-style-type: none"> WGR Spaghetti and Meatballs: Broccoli Apple Whole Grain Bread Skim Milk Milk 1% low-fat 	<ul style="list-style-type: none"> Baked Chicken Wings Brown Rice and Beans Collard Greens Whole Grain Bread Bananas (2) Milk 1% low-fat Skim Milk 	Closed
Oct 23, 2022	Oct 24, 2022	Oct 25, 2022	Oct 26, 2022	Oct 27, 2022	Oct 28, 2022	Oct 29, 2022
Closed	<ul style="list-style-type: none"> Whole Grain Chicken Fingers Brown Rice and Beans Sweet Potato Fries Whole Grain Bread Pears (2) Skim Milk Milk 1% low-fat 	<ul style="list-style-type: none"> WGR Macaroni and Cheese Lima Beans Green Beans Whole Grain Bread Clementine (2) Skim Milk Milk 1% low-fat 	<ul style="list-style-type: none"> Whole Grain Cheese Pizza Broccoli Baby Carrots Apple Milk 1% low-fat Skim Milk 100% Assorted Fruit Juice 	<ul style="list-style-type: none"> Chicken & Broccoli Brown Rice Oriental Blend Vegetables Apple Milk 1% low-fat Skim Milk 	<ul style="list-style-type: none"> Jamaican Beef Patty Brown Rice and Beans Corn Oranges (2) Milk 1% low-fat Skim Milk 	Closed
Oct 30, 2022	Oct 31, 2022					
Closed	<ul style="list-style-type: none"> Roasted Chicken Thigh WGR Pasta w/Olive Oil Diced Carrots Pears (2) Skim Milk Milk 1% low-fat 					

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Integration: South HS Breakfast - October 2022

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Oct 2, 2022	Oct 3, 2022	Oct 4, 2022	Oct 5, 2022	Oct 6, 2022	Oct 7, 2022	Oct 8, 2022
Closed	<ul style="list-style-type: none"> • WGR Cereal • WGR Blueberry Mini Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • Assorted Yogurt • Whole Grain Bread • Bananas (2) • Skim Milk • Milk 1% low-fat 	Closed	<ul style="list-style-type: none"> • WGR Cereal • WGR Corn Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • WGR Waffle Grahams • Oranges (2) • Skim Milk • Milk 1% low-fat 	Closed
Oct 9, 2022	Oct 10, 2022	Oct 11, 2022	Oct 12, 2022	Oct 13, 2022	Oct 14, 2022	Oct 15, 2022
Closed	Closed	<ul style="list-style-type: none"> • WGR Cereal • Whole Grain Bread • Bananas (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • WGR Blueberry Mini Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • WGR Corn Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Assorted Yogurt • WGR Granola Bar • Pears (2) • Milk 1% low-fat • Skim Milk 	Closed
Oct 16, 2022	Oct 17, 2022	Oct 18, 2022	Oct 19, 2022	Oct 20, 2022	Oct 21, 2022	Oct 22, 2022
Closed	<ul style="list-style-type: none"> • WGR Cereal • WGR Corn Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • Assorted Yogurt • Whole Grain Bread • Bananas (2) • Skim Milk • Milk 1% low-fat 	<ul style="list-style-type: none"> • WGR Cereal • Whole Grain Bread • Oranges (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • WGR Blueberry Mini Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • WGR Waffle Grahams • Oranges (2) • Skim Milk • Milk 1% low-fat 	Closed
Oct 23, 2022	Oct 24, 2022	Oct 25, 2022	Oct 26, 2022	Oct 27, 2022	Oct 28, 2022	Oct 29, 2022
Closed	<ul style="list-style-type: none"> • WGR Cereal • Assorted Yogurt • Whole Grain Bread • Bananas (2) • Skim Milk • Milk 1% low-fat 	<ul style="list-style-type: none"> • WGR Cereal • Whole Grain Bread • Oranges (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • WGR Blueberry Mini Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • Whole Grain Bread • Bananas (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Assorted Yogurt • Honey Oat Granola Bar • Pears (2) • Milk 1% low-fat • Skim Milk 	Closed
Oct 30, 2022	Oct 31, 2022					
Closed	<ul style="list-style-type: none"> • WGR Cereal • WGR Blueberry Mini Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 					

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Integration: South HS Lunch - October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						Oct 1, 2022 Closed
Oct 2, 2022	Oct 3, 2022	Oct 4, 2022	Oct 5, 2022	Oct 6, 2022	Oct 7, 2022	Oct 8, 2022
Closed	<ul style="list-style-type: none"> Roasted Chicken Thigh WGR Pasta w/Olive Oil Diced Carrots Pears (2) Skim Milk Milk 1% low-fat 	<ul style="list-style-type: none"> Salisbury Steak Mashed Potatoes Collard Greens Whole Grain Bread (2) Oranges (2) Milk 1% low-fat Skim Milk 	Closed	<ul style="list-style-type: none"> Beef Hot Dog Mixed Vegetables Potato Nuggets WGR Hot Dog Bun WGR Pasta Salad Apple Milk 1% low-fat Skim Milk 	<ul style="list-style-type: none"> Oven Fried Chicken Brown Rice and Beans Sweet Potato Pears (2) Milk 1% low-fat Skim Milk 	Closed
Oct 9, 2022	Oct 10, 2022	Oct 11, 2022	Oct 12, 2022	Oct 13, 2022	Oct 14, 2022	Oct 15, 2022
Closed	Closed	<ul style="list-style-type: none"> Hamburger on a WGR Bun: Cheese Slice Steak Fries Diced carrots Oranges (2) Skim Milk Milk 1% low-fat Ketchup 	<ul style="list-style-type: none"> WGR Chicken Parmesan Whole Grain Pasta Broccoli Pears (2) Milk 1% low-fat Skim Milk 	<ul style="list-style-type: none"> Beef WGR Soft Taco: Pinto Beans Mixed Vegetables Spanish Rice Oranges (2) Milk 1% low-fat Skim Milk 	<ul style="list-style-type: none"> WGR Macaroni and Cheese Lima Beans Green Beans Whole Grain Bread Clementine (2) Skim Milk Milk 1% low-fat 	Closed
Oct 16, 2022	Oct 17, 2022	Oct 18, 2022	Oct 19, 2022	Oct 20, 2022	Oct 21, 2022	Oct 22, 2022
Closed	<ul style="list-style-type: none"> Roasted Chicken Thigh WGR Pasta w/Olive Oil Green Beans Pears (2) Milk 1% low-fat Skim Milk 	<ul style="list-style-type: none"> Stuffed Shells (3) Green Peas Mozzarella Cheese Whole Grain Bread (2) Clementine (2) Milk 1% low-fat Skim Milk 	<ul style="list-style-type: none"> Chicken Fajita w/ WGR Wrap: Diced Carrots Oranges (2) Milk 1% low-fat Skim Milk 	<ul style="list-style-type: none"> WGR Spaghetti and Meatballs: Broccoli Apple Whole Grain Bread Skim Milk Milk 1% low-fat 	<ul style="list-style-type: none"> Baked Chicken Wings Brown Rice and Beans Collard Greens Whole Grain Bread Bananas (2) Milk 1% low-fat Skim Milk 	Closed
Oct 23, 2022	Oct 24, 2022	Oct 25, 2022	Oct 26, 2022	Oct 27, 2022	Oct 28, 2022	Oct 29, 2022
Closed	<ul style="list-style-type: none"> Whole Grain Chicken Fingers Brown Rice and Beans Sweet Potato Fries Whole Grain Bread Pears (2) Skim Milk Milk 1% low-fat 	<ul style="list-style-type: none"> WGR Macaroni and Cheese Lima Beans Green Beans Whole Grain Bread Clementine (2) Skim Milk Milk 1% low-fat 	<ul style="list-style-type: none"> Whole Grain Cheese Pizza Broccoli Baby Carrots Apple Milk 1% low-fat Skim Milk 100% Assorted Fruit Juice 	<ul style="list-style-type: none"> Chicken & Broccoli Brown Rice Oriental Blend Vegetables Apple Milk 1% low-fat Skim Milk 	<ul style="list-style-type: none"> Jamaican Beef Patty Brown Rice and Beans Corn Oranges (2) Milk 1% low-fat Skim Milk 	Closed
Oct 30, 2022	Oct 31, 2022					
Closed	<ul style="list-style-type: none"> Roasted Chicken Thigh WGR Pasta w/Olive Oil Diced Carrots Pears (2) Skim Milk Milk 1% low-fat 					

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Integration: South K-8 Breakfast - October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						Oct 1, 2022 Closed
Oct 2, 2022	Oct 3, 2022	Oct 4, 2022	Oct 5, 2022	Oct 6, 2022	Oct 7, 2022	Oct 8, 2022
Closed	<ul style="list-style-type: none"> • WGR Cereal • WGR Blueberry Mini Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • Assorted Yogurt • Whole Grain Bread • Bananas (2) • Skim Milk • Milk 1% low-fat 	Closed	<ul style="list-style-type: none"> • WGR Cereal • WGR Corn Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • WGR Waffle Grahams • Oranges (2) • Skim Milk • Milk 1% low-fat 	Closed
Oct 9, 2022	Oct 10, 2022	Oct 11, 2022	Oct 12, 2022	Oct 13, 2022	Oct 14, 2022	Oct 15, 2022
Closed	Closed	<ul style="list-style-type: none"> • WGR Cereal • Whole Grain Bread • Bananas (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • WGR Blueberry Mini Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • WGR Corn Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Assorted Yogurt • WGR Granola Bar • Pears (2) • Milk 1% low-fat • Skim Milk 	Closed
Oct 16, 2022	Oct 17, 2022	Oct 18, 2022	Oct 19, 2022	Oct 20, 2022	Oct 21, 2022	Oct 22, 2022
Closed	<ul style="list-style-type: none"> • WGR Cereal • WGR Corn Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • Assorted Yogurt • Whole Grain Bread • Bananas (2) • Skim Milk • Milk 1% low-fat 	<ul style="list-style-type: none"> • WGR Cereal • Whole Grain Bread • Oranges (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • WGR Blueberry Mini Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • WGR Waffle Grahams • Oranges (2) • Skim Milk • Milk 1% low-fat 	Closed
Oct 23, 2022	Oct 24, 2022	Oct 25, 2022	Oct 26, 2022	Oct 27, 2022	Oct 28, 2022	Oct 29, 2022
Closed	<ul style="list-style-type: none"> • WGR Cereal • Assorted Yogurt • Whole Grain Bread • Bananas (2) • Skim Milk • Milk 1% low-fat 	<ul style="list-style-type: none"> • WGR Cereal • Whole Grain Bread • Oranges (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • WGR Blueberry Mini Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • Whole Grain Bread • Bananas (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Assorted Yogurt • Honey Oat Granola Bar • Pears (2) • Milk 1% low-fat • Skim Milk 	Closed
Oct 30, 2022	Oct 31, 2022					
Closed	<ul style="list-style-type: none"> • WGR Cereal • WGR Blueberry Mini Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 					

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Integration: South K-8 Lunch - October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						Oct 1, 2022 Closed
Oct 2, 2022	Oct 3, 2022	Oct 4, 2022	Oct 5, 2022	Oct 6, 2022	Oct 7, 2022	Oct 8, 2022
Closed	<ul style="list-style-type: none"> Roasted Chicken Thigh WGR Pasta w/Olive Oil Baby Carrots Pear Whole Grain Bread Milk 1% low-fat Skim Milk 	<ul style="list-style-type: none"> Salisbury Steak Mashed Potatoes Collard Greens Whole Grain Bread Orange Milk 1% low-fat Skim Milk 	Closed	<ul style="list-style-type: none"> Beef Hot Dog Mixed Vegetables Potato Nuggets WGR Hot Dog Bun Apple Milk 1% low-fat Skim Milk 	<ul style="list-style-type: none"> Oven Fried Chicken Brown Rice and Beans Sweet Potato Pear Whole Grain Bread Skim Milk Milk 1% low-fat 	Closed
Oct 9, 2022	Oct 10, 2022	Oct 11, 2022	Oct 12, 2022	Oct 13, 2022	Oct 14, 2022	Oct 15, 2022
Closed	Closed	<ul style="list-style-type: none"> Hamburger on a WGR Bun: Cheese Slice Steak Fries Mixed Vegetables Orange Skim Milk Milk 1% low-fat 	<ul style="list-style-type: none"> WGR Chicken Parmesan Whole Grain Pasta Broccoli Pear Milk 1% low-fat Skim Milk 	<ul style="list-style-type: none"> Beef WGR Soft Taco: Pinto Beans Mixed Vegetables Spanish Rice Orange Milk 1% low-fat Skim Milk 	<ul style="list-style-type: none"> WGR Macaroni and Cheese Green Beans Whole Grain Bread Clementine (2) Skim Milk Milk 1% low-fat 	Closed
Oct 16, 2022	Oct 17, 2022	Oct 18, 2022	Oct 19, 2022	Oct 20, 2022	Oct 21, 2022	Oct 22, 2022
Closed	<ul style="list-style-type: none"> Roasted Chicken Thigh Whole Grain Pasta Green Beans Pear Milk 1% low-fat Skim Milk 	<ul style="list-style-type: none"> Stuffed Shells (3) Green Peas Whole Grain Bread Clementine (2) Milk 1% low-fat Skim Milk 	<ul style="list-style-type: none"> Chicken Fajita w/ WGR Wrap: Diced Carrots Oranges (2) Milk 1% low-fat Skim Milk 	<ul style="list-style-type: none"> WGR Spaghetti and Meatballs: Broccoli Apple Whole Grain Bread Skim Milk Milk 1% low-fat 	<ul style="list-style-type: none"> Baked Chicken Wings Brown Rice and Beans Collard Greens Banana Milk 1% low-fat Skim Milk 	Closed
Oct 23, 2022	Oct 24, 2022	Oct 25, 2022	Oct 26, 2022	Oct 27, 2022	Oct 28, 2022	Oct 29, 2022
Closed	<ul style="list-style-type: none"> Whole Grain Chicken Fingers Brown Rice and Beans Sweet Potato Fries Pear Skim Milk Milk 1% low-fat 	<ul style="list-style-type: none"> WGR Macaroni and Cheese Green Beans Whole Grain Bread Clementine (2) Skim Milk Milk 1% low-fat 	<ul style="list-style-type: none"> Whole Grain Cheese Pizza Broccoli Apple Milk 1% low-fat Skim Milk 	<ul style="list-style-type: none"> Chicken & Broccoli Brown Rice Oriental Blend Vegetables Apple Milk 1% low-fat Skim Milk 	<ul style="list-style-type: none"> Jamaican Beef Patty Brown Rice and Beans Corn Orange Milk 1% low-fat Skim Milk 	Closed
Oct 30, 2022	Oct 31, 2022					
Closed	<ul style="list-style-type: none"> Roasted Chicken Thigh WGR Pasta w/Olive Oil Baby Carrots Pear Whole Grain Bread Milk 1% low-fat Skim Milk 					

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Integration: Teleport K-8 Breakfast - October 2022

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Closed	<ul style="list-style-type: none"> • WGR Cereal • WGR Blueberry Mini Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • Assorted Yogurt • Whole Grain Bread • Bananas (2) • Skim Milk • Milk 1% low-fat 	Closed	<ul style="list-style-type: none"> • WGR Cereal • WGR Corn Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • WGR Waffle Grahams • Oranges (2) • Skim Milk • Milk 1% low-fat 	Closed
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Oct 16, 2022	Oct 17, 2022	Oct 18, 2022	Oct 19, 2022	Oct 20, 2022	Oct 21, 2022	Oct 22, 2022
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Oct 30, 2022	Oct 31, 2022					
Closed	<ul style="list-style-type: none"> • WGR Cereal • WGR Blueberry Mini Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 					

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Oct 9, 2022	Oct 10, 2022	Oct 11, 2022	Oct 12, 2022	Oct 13, 2022	Oct 14, 2022	Oct 15, 2022
Closed	Closed	<ul style="list-style-type: none"> Hamburger on a WGR Bun: Cheese Slice Steak Fries Mixed Vegetables Orange Skim Milk Milk 1% low-fat 	<ul style="list-style-type: none"> WGR Chicken Parmesan Whole Grain Pasta Broccoli Pear Milk 1% low-fat Skim Milk 	<ul style="list-style-type: none"> Beef WGR Soft Taco: Pinto Beans Mixed Vegetables Spanish Rice Orange Milk 1% low-fat Skim Milk 	<ul style="list-style-type: none"> WGR Macaroni and Cheese Green Beans Whole Grain Bread Clementine (2) Skim Milk Milk 1% low-fat 	Closed
Oct 16, 2022	Oct 17, 2022	Oct 18, 2022	Oct 19, 2022	Oct 20, 2022	Oct 21, 2022	Oct 22, 2022
Closed	<ul style="list-style-type: none"> Roasted Chicken Thigh Whole Grain Pasta Green Beans Pear Milk 1% low-fat Skim Milk 	<ul style="list-style-type: none"> Stuffed Shells (3) Green Peas Whole Grain Bread Clementine (2) Milk 1% low-fat Skim Milk 	<ul style="list-style-type: none"> Chicken Fajita w/ WGR Wrap: Diced Carrots Oranges (2) Milk 1% low-fat Skim Milk 	<ul style="list-style-type: none"> WGR Spaghetti and Meatballs: Broccoli Apple Whole Grain Bread Skim Milk Milk 1% low-fat 	<ul style="list-style-type: none"> Baked Chicken Wings Brown Rice and Beans Collard Greens Banana Milk 1% low-fat Skim Milk 	Closed
Oct 23, 2022	Oct 24, 2022	Oct 25, 2022	Oct 26, 2022	Oct 27, 2022	Oct 28, 2022	Oct 29, 2022
Closed	<ul style="list-style-type: none"> Whole Grain Chicken Fingers Brown Rice and Beans Sweet Potato Fries Pear Skim Milk Milk 1% low-fat 	<ul style="list-style-type: none"> WGR Macaroni and Cheese Green Beans Whole Grain Bread Clementine (2) Skim Milk Milk 1% low-fat 	<ul style="list-style-type: none"> Whole Grain Cheese Pizza Broccoli Apple Milk 1% low-fat Skim Milk 	<ul style="list-style-type: none"> Chicken & Broccoli Brown Rice Oriental Blend Vegetables Apple Milk 1% low-fat Skim Milk 	<ul style="list-style-type: none"> Jamaican Beef Patty Brown Rice and Beans Corn Orange Milk 1% low-fat Skim Milk 	Closed
Oct 30, 2022	Oct 31, 2022					
Closed	<ul style="list-style-type: none"> Roasted Chicken Thigh WGR Pasta w/Olive Oil Baby Carrots Pear Whole Grain Bread Milk 1% low-fat Skim Milk 					

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Integration: Teleport K-8 Snack - October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						Oct 1, 2022 Closed
Oct 2, 2022	Oct 3, 2022	Oct 4, 2022	Oct 5, 2022	Oct 6, 2022	Oct 7, 2022	Oct 8, 2022
Closed	<ul style="list-style-type: none"> Fresh Apples (2) WGR Cheez-it Crackers 100% Assorted Fruit Juice 	<ul style="list-style-type: none"> Mixed Fruit In 100% Natural Juice String Cheese 100% Assorted Fruit Juice 	Closed	<ul style="list-style-type: none"> Applesauce WGR Animal Crackers Pear 	<ul style="list-style-type: none"> 100% Assorted Fruit Juice Assorted Yogurt Clementine 	Closed
Oct 9, 2022	Oct 10, 2022	Oct 11, 2022	Oct 12, 2022	Oct 13, 2022	Oct 14, 2022	Oct 15, 2022
Closed	Closed	<ul style="list-style-type: none"> Clementine (2) WGR Cheez-it Crackers Mixed Fruit In 100% Natural Juice 	<ul style="list-style-type: none"> WGR Graham Crackers 100% Assorted Fruit Juice Fresh Plum 	<ul style="list-style-type: none"> Banana Strawberry Waffle Grahams 100% Assorted Fruit Juice 	<ul style="list-style-type: none"> WGR Cheez-it Crackers Orange 100% Assorted Fruit Juice 	Closed
Oct 16, 2022	Oct 17, 2022	Oct 18, 2022	Oct 19, 2022	Oct 20, 2022	Oct 21, 2022	Oct 22, 2022
Closed	<ul style="list-style-type: none"> Fresh Apples (2) 100% Assorted Fruit Juice Assorted Yogurt 	<ul style="list-style-type: none"> Mixed Fruit In 100% Natural Juice String Cheese Clementine (2) 	<ul style="list-style-type: none"> Banana WGR Waffle Grahams 100% Assorted Fruit Juice 	<ul style="list-style-type: none"> Applesauce WGR Animal Crackers Clementine (2) 	<ul style="list-style-type: none"> Fresh Plum 100% Assorted Fruit Juice WGR Cheez-it Crackers 	Closed
Oct 23, 2022	Oct 24, 2022	Oct 25, 2022	Oct 26, 2022	Oct 27, 2022	Oct 28, 2022	Oct 29, 2022
Closed	<ul style="list-style-type: none"> Diced Pears in Natural Juice String Cheese Clementine (2) 	<ul style="list-style-type: none"> Clementine (2) Assorted Yogurt Mixed Fruit In 100% Natural Juice 	<ul style="list-style-type: none"> Fresh Apple 100% Assorted Fruit Juice WGR Graham Crackers 	<ul style="list-style-type: none"> WGR Cheez-it Crackers Orange 100% Assorted Fruit Juice 	<ul style="list-style-type: none"> Banana WGR Waffle Grahams 100% Assorted Fruit Juice 	Closed
Oct 30, 2022	Oct 31, 2022					
Closed	<ul style="list-style-type: none"> Fresh Apples (2) WGR Cheez-it Crackers 100% Assorted Fruit Juice 					

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