

OCTOBER | 2024

Grab and Go Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>30 Buffalo Chicken and Cheddar Wrap (2 oz. WG, 2 oz. M/MA) 1 Cup Coleslaw Choice of 4 oz. Fruit Cup and/or Juice 8 oz. Milk</p>	<p>1 Buffalo Chicken and Cheddar Wrap (2 oz. WG, 2 oz. M/MA) 1 ¼ Cup Baby Carrots Choice of 4 oz. Fruit Cup and/or Juice 8 oz. Milk</p>	<p>2 Buffalo Chicken and Cheddar Wrap (2 oz. WG, 2 oz. M/MA) 1 Cup Broccoli Salad Choice of 4 oz. Fruit Cup and/or Juice 8 oz. Milk</p>	<p>3 Buffalo Chicken and Cheddar Wrap (2 oz. WG, 2 oz. M/MA) 1 Cup Cowboy Corn Salad Choice of 4 oz. Fruit Cup and/or Juice 8 oz. Milk</p>	<p>4 Chicken Caesar Wrap (2 oz. WG, 2 oz. M/MA) 1 Cup Asian Edamame Salad Choice of 4 oz. Fruit Cup and/or Juice 8 oz. Milk</p>
<p>7 Chef Salad (2 oz. M/MA) 2 oz. WG Cheese Crackers 1 Cup Asian Edamame Salad Choice of 4 oz. Fruit Cup and/or Juice 8 oz. Milk</p>	<p>8 Chef Salad (2 oz. M/MA) 2 oz. WG Cheese Crackers 1 Cup Coleslaw Choice of 4 oz. Fruit Cup and/or Juice 8 oz. Milk</p>	<p>9 Chef Salad (2 oz. M/MA) 2 oz. WG Cheese Crackers 1 ¼ Cup Baby Carrots Choice of 4 oz. Fruit Cup and/or Juice 8 oz. Milk</p>	<p>10 Chef Salad (2 oz. M/MA) 2 oz. WG Cheese Crackers 1 Cup Broccoli Salad Choice of 4 oz. Fruit Cup and/or Juice 8 oz. Milk</p>	<p>11 Chicken Caesar Wrap (2 oz. WG, 2 oz. M/MA) 1 Cup Cowboy Corn Salad Choice of 4 oz. Fruit Cup and/or Juice 8 oz. Milk</p>
<p>14 Roasted Turkey and Provolone Sub (2 oz. WG, 2 oz. M/MA) 1 Cup Cowboy Corn Salad Choice of 4 oz. Fruit Cup and/or Juice 8 oz. Milk</p>	<p>15 Roasted Turkey and Provolone Sub (2 oz. WG, 2 oz. M/MA) 1 Cup Asian Edamame Salad Choice of 4 oz. Fruit Cup and/or Juice 8 oz. Milk</p>	<p>16 Roasted Turkey and Provolone Sub (2 oz. WG, 2 oz. M/MA) 1 Cup Coleslaw Choice of 4 oz. Fruit Cup and/or Juice 8 oz. Milk</p>	<p>17 Roasted Turkey and Provolone Sub (2 oz. WG, 2 oz. M/MA) 1 ¼ Cup Baby Carrots Choice of 4 oz. Fruit Cup and/or Juice 8 oz. Milk</p>	<p>18 Chicken Caesar Wrap (2 oz. WG, 2 oz. M/MA) 1 Cup Broccoli Salad Choice of 4 oz. Fruit Cup and/or Juice</p>
<p>21 Sliced Chicken and Turkey Bacon Sandwich (2 oz. WG, 2 oz. M/MA) 1 ¼ Cup Baby Carrots Choice of 4 oz. Fruit Cup and/or Juice 8 oz. Milk</p>	<p>22 Sliced Chicken and Turkey Bacon Sandwich (2 oz. WG, 2 oz. M/MA) 1 Cup Broccoli Salad Choice of 4 oz. Fruit Cup and/or Juice 8 oz. Milk</p>	<p>23 Sliced Chicken and Turkey Bacon Sandwich (2 oz. WG, 2 oz. M/MA) 1 Cup Cowboy Corn Salad Choice of 4 oz. Fruit Cup and/or Juice 8 oz. Milk</p>	<p>24 Sliced Chicken and Turkey Bacon Sandwich (2 oz. WG, 2 oz. M/MA) 1 Cup Asian Edamame Salad Choice of 4 oz. Fruit Cup and/or Juice 8 oz. Milk</p>	<p>25 Chicken Caesar Wrap (2 oz. WG, 2 oz. M/MA) 1 Cup Coleslaw Choice of Fruit Cup and/or Juice 8 oz. Milk</p>
<p>28 Buffalo Chicken and Cheddar Wrap (2 oz. WG, 2 oz. M/MA) 1 Cup Coleslaw Choice of 4 oz. Fruit Cup and/or Juice 8 oz. Milk</p>	<p>29 Buffalo Chicken and Cheddar Wrap (2 oz. WG, 2 oz. M/MA) 1 ¼ Cup Baby Carrots Choice of 4 oz. Fruit Cup and/or Juice 8 oz. Milk</p>	<p>30 Buffalo Chicken and Cheddar Wrap (2 oz. WG, 2 oz. M/MA) 1 Cup Broccoli Salad Choice of 4 oz. Fruit Cup and/or Juice 8 oz. Milk</p>	<p>31 Buffalo Chicken and Cheddar Wrap (2 oz. WG, 2 oz. M/MA) 1 Cup Cowboy Corn Salad Choice of 4 oz. Fruit Cup and/or Juice 8 oz. Milk</p>	<p>1 Chicken Caesar Wrap (2 oz. WG, 2 oz. M/MA) 1 Cup Asian Edamame Salad Choice of 4 oz. Fruit Cup and/or Juice 8 oz. Milk</p>

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1% white milk Fat Free chocolate milk offered. Nutrient content and ingredients are available upon request. No pork or nut products offered.