

October Menu 2015

Ashland-Greenwood Breakfast/Lunch

Breakfast: WG Breakfast Pizza OR Cereal w/ WG Toast Fruit Lunch: Malibu Chicken WG Dinner Roll Steamed Peas Kiwi	28	Breakfast: Scrambled Eggs & WG Toast OR Cereal w/ WG Toast Fruit or Juice Cup Lunch: Pepperoni Calzonette Steamed Broccoli Cauliflower Diced Pears	29	Breakfast: WG French Toast Sticks OR Cereal w/ WG Toast Fruit Lunch: Chili w/ Beans Cinnamon Roll WG Corn Chips Carrots Juice Cup	30	Breakfast: Breakfast Sandwich OR Cereal w/ WG Toast Fruit or Juice Cup Lunch: Hot Dog on WG Bun Green Beans Celery Sticks Grapes	1	Breakfast: WG Pancake on Stick OR Cereal w/ WG Toast Fruit Lunch: BlueJay Super Potato Ole WG Animal Crackers Shredded Lettuce Salad Apple HOME COMING--GO BUYERYS!!!
Breakfast: WG Breakfast Pizza OR Cereal w/ WG Toast Fruit Lunch: Crispito w/ Cheese WG Bug Bite Crackers Refried Beans Mixed Fruit	5	Breakfast: Omelet & WG Toast OR Cereal w/ WG Toast Fruit or Juice Cup Lunch: Chicken Alfredo WG Breadstick Steamed Carrots Red Pepper Slices Rosy Applesauce	6	Breakfast: WG French Toast Sticks OR Cereal w/ WG Toast Fruit Lunch: Fiestada Pizza Romaine Lettuce Salad Cauliflower Golden Apple	7	Breakfast: Breakfast Sandwich OR Cereal w/ WG Toast Fruit or Juice Cup Lunch: E:Meatballs & WG Dinner Roll MSHS:Meatball Sub Corn Green Pepper Slices Orange	8	Breakfast: WG Pancake on Stick OR Cereal w/ WG Toast Fruit Lunch: Mini Corndogs Broccoli Cucumber Slices Pineapple Tidbits
Breakfast: WG Breakfast Pizza OR Cereal w/ WG Toast Fruit Lunch: Spaghetti w/ Meat sauce WG Breadstick Green Beans Clementine	12	Breakfast: Scrambled Eggs & WG Toast OR Cereal w/ WG Toast Fruit or Juice Cup Lunch: Chicken Wrap w/ Cheese Romaine Lettuce Salad Tomato Slices Strawberry Cup	13	Breakfast: WG French Toast Sticks OR Cereal w/ WG Toast Fruit Lunch: Hamburger on WG Bun Baked Beans Carrots Diced Peaches	14	Breakfast: Breakfast Sandwich OR Cereal w/ WG Toast Fruit or Juice Cup Lunch: Chicken Nuggets WG Dinner Roll Mashed Potatoes & Gravy Kiwi	15	NO SCHOOL---STAFF IN-SERVICE
Breakfast: WG Breakfast Pizza OR Cereal w/ WG Toast Fruit Lunch: Toasted Cheese Sandwich Tomato Soup Broccoli Apple	19	Breakfast: Omelet & WG Toast OR Cereal w/ WG Toast Fruit or Juice Cup Lunch: Chicken Fajita w/ Cheese Romaine Lettuce Salad Refried Beans Juice Cup	20	Breakfast: WG French Toast Sticks OR Cereal w/ WG Toast Fruit Lunch: Cheese Pizza Steamed Peas Cauliflower Strawberries EARLY DISMISSAL	21	Breakfast: Breakfast Sandwich OR Cereal w/ WG Toast Fruit or Juice Cup Lunch: BBQ Pork Rib on WG Bun Smiley Fries Cucumber Slices Mandarin Oranges	22	NO SCHOOL
Breakfast: WG Breakfast Pizza OR Cereal w/ WG Toast Fruit Lunch: Chicken on WG Bun California Blend Veggies Celery Sticks Diced Pears	26	Breakfast: Scrambled Eggs & WG Toast OR Cereal w/ WG Toast Fruit or Juice Cup Lunch: Breaded Beef WG Dinner Roll Mashed Potatoes & Gravy Pineapple Rings	27	Breakfast: WG French Toast Sticks OR Cereal w/ WG Toast Fruit Lunch: E:French Toast MSHS:French Dip Steamed Carrots Cauliflower Orange	28	Breakfast: Breakfast Sandwich OR Cereal w/ WG Toast Fruit or Juice Cup Lunch: WG Pizza Mozzarella Cheese Sticks w/ Marinara Sauce Green Beans Pepper Slices Grapes	29	Breakfast: WG Pancake on Stick OR Cereal w/ WG Toast Fruit Lunch: Chili w/ Beans Cinnamon Roll WG Corn Chips Broccoli Golden Apple

Meal Prices in Effect for 2015-16

Breakfast: Elementary & MS/HS - \$1.60
Visitor - \$3.10
Lunch: Elementary - \$2.45
MS/HS - \$2.65
Visitor - \$3.85
Milk .40 cents Juice .40 cents

Milk is served with all Meals

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)
If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.htm, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202)690-7442 or email at program.intake@usda.gov.
Individual who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

