



# OCTOBER 2023

Bobcat Café

## Monday

Chicken Nuggets **2**  
W/ Dipping Sauces  
Chicken Noodle Soup  
WGR Goldfish  
Fresh Baby Carrots W/ Ranch  
Apple Slices & Milk Variety

**No School**  
Indigenous  
Peoples Day &



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Chicken Nuggets **16**  
W/ Dipping Sauces  
Homemade Macaroni Tomato Soup  
Oyster Crackers  
Fresh Carrot Sticks  
Apple slices  
Milk Variety

Meatball Sub **23**  
On WGR Roll  
Topped W/ Mozzarella Cheese  
Marinara Sauce  
Baked French Fries  
Applesauce  
Milk Variety

WGR Soft Baked Pretzels **30**  
W/ Cheddar Cheese Sauce  
Cheese Stick  
Steamed Green Beans  
Apple Slices  
Milk Variety

## Tuesday

Tortilla Chips or Soft Shell **3**  
Topped With Taco Meat  
Shredded Lettuce,  
Diced tomatoes, Cheese  
Lite Sour Cream, Hummus  
Pears & Milk Variety

Chicken Tenders **10**  
On WGR Wrap  
Lettuce, Tomato, Cheese  
Seasoned Rice  
W/ Mixed Vegetables  
Apple Slices  
Milk Variety

Tortilla Chips or Soft Shell **17**  
Topped With Taco Meat  
Shredded Lettuce,  
Diced tomatoes, Cheese  
Lite Sour Cream, Hummus  
Pears & Milk Variety

**NAC Chicken Bowl** **24**  
Popcorn Chicken  
Topped w/ Steamed Corn  
Mashed Potatoes & Gravy  
WGR Dinner Roll  
Mixed Fruit  
Milk Variety

Bat Shaped **31**  
Chicken Nuggets  
Macaroni & Cheese  
California Blend Vegetables  
Candy Corn Fruit Cup  
Milk Variety

## Wednesday

Chicken Patty **4**  
On WGR Bun  
Cheese Slice  
Steamed Corn  
Peaches  
Milk Variety

Mozzarella Sticks **11**  
W/ Marinara Sauce  
WGR Dinner Roll  
Steamed Green Beans  
Pears  
Milk Variety

**Brunch 4 Lunch** **18**  
**ELEM:** French toast Sticks  
**M/H:** French toast Tornado  
Sausage Patty  
Hash Brown Rounds, V8 Juice  
Mandarin Oranges  
Milk Variety

Cheese Lasagna Roll Up **25**  
W/ Marinara Sauce  
WGR Dinner Roll  
Garden Salad W/  
Tomatoes & Cucumbers  
Lite Dressing  
Pears / Milk Variety

## Thursday

Mini Corn Dogs **5**  
WGR Dinner Roll  
Baked Potato Rounds  
Maple Bacon Baked Beans  
Mixed Fruit  
Milk Variety

Hot Turkey Sandwich **12**  
On WGR Bread  
Mashed Potatoes w/ Gravy  
Baked Beans  
Steamed Corn  
Applesauce  
Milk Variety

Orange Glazed Chicken **19**  
Vegetable Egg Roll  
Oriental Rice w/ Vegetables  
Mandarin Oranges  
Milk Variety

Big Mac Wrap **26**  
Topped W/ lettuce  
Cheese, Special Sauce  
Baked French Fries  
Apple Slices  
Milk Variety

## Friday

Stuffed Crust Pizza **6**  
Cheese or Pepperoni  
Rainbow Veggie Cup  
Lite Ranch Dressing  
Fresh Fruit  
Milk Variety

**ELEM:** Personal Pan Pizza **13**  
**M/H:** Specialty Pizzas  
Rainbow Veggie Cup  
Lite Ranch Dressing  
Fresh Fruit  
Milk Variety

**No School** **20**  
Superintendent  
Conference Day

Cheese Calzone **27**  
W/ Pizza Sauce  
Rainbow Veggie Cup  
Lite Ranch Dressing  
Fresh Fruit  
Milk Variety

This institution is an equal opportunity provider. / Menu Subject to Change

AVAILABLE DAILY:

### ELEMENTARY:

Chef Salad./Chicken Wrap/ Fruit + Yogurt Tray

Chicken Nugget Lunch able-M/W/F

Pizza Lunch able- T/Th

### M/H:

Salad Bar/ Fruit + Yogurt Tray

Assorted Wraps/ Assorted Subs

Pizza or Chicken Nugget Lunch able