



WOW ALLERGENS LUNCH- OCTOBER MENU

Dairy/Milk [D] Egg [E] Tomato [T] Gluten/Wheat [G] Soy [S] Corn [C] Fish [F] No Peanuts or Tree Nuts are used in these menus

MONDAY

2 oz Oven Baked Chicken Leg
1 **WG** Wheat Roll [G][S][C] (1 oz)
¼ c **Glazed Carrots**
¼ c **Apple Slices** (2-3)
¾ c Milk [D]

TUESDAY

2 oz CN Hamburger Patty [S][C]
1 **WG** Bun (1.8 oz) [G][S]
½ c **Spinach Salad** w Ranch [D][E][G]
¼ c **Cantaloupe**
¾ c Milk [D]

WEDNESDAY

Make Your Own Joe

½ c **Bean Sloppy Joe** (2 oz meat) #8 [T][C]
1 **WG** Bun (1.8 oz) [G][S]
¼ c Cole Slaw [E][S][C]
2 **Orange Wedges**
¾ c Milk [D]

THURSDAY

3/8 c Beef Picadillo [T]
¼ c **WG** Rice (½ oz Grain)
¼ c **Broccoli** w Creamy Italian Dip [S][C]
¼ c **Pears**
¾ c Milk [D]

FRIDAY

1 Cheese Manicotti [D][E][G]
[C](2.75oz) w Tomato Basil [T]
• 1 ½ oz cheese 2 oz **WG** grain
½ c **Romaine Salad** w Ranch [D][E][G]
¼ c **Fresh Fruit Salad** (Honeydew, Cantaloupe, Pineapple)
¾ c Milk [D]

**Columbus Day
WOW will be Closed**

Mediterranean Cold Lunches

¼ c Seasoned Chicken Strips (2 oz)
½ **WG** Pita (1 oz) [G][S][?][E]
1 Tbsp **Hummus**
¼ c **Petite Broccoli** w Italian [S][C]
¼ c **Tropical Fruit Salad**
¾ c Milk [D]

½ c Beef & **Bean** Chili [T][C]
2 oz meat/meat alternate
1 oz Cornbread [D][E][G][S][C]
½ c **Romaine** with Ranch [D][E][G]
2 **Orange Wedges**
¾ c Milk [D]

3 oz **WG** Fish Fillet [D][G][C][F] (1.5 oz M/MA)
¼ c Bolivian Rice (½ oz Grain)
½ c **Spinach Salad** w Italian [S][C]
¼ c **Honeydew**
¾ c Milk [D]

Make Your Own Burrito

¼ c **Black Beans** & 1/8 c Monterrey Cheese [D]
1-6 in **WW** Tortilla (1 oz) [G][S]
PC Mild Salsa [T]
½ c **Romaine**
¼ c **Pineapple**
¾ c Milk [D]

Italian

2 Chicken Tenders 2 oz [G][S][C]
PC Marinara Sauce [T]
1 **WG** Breadstick (1.2 oz) [G][S]
¼ c **Baby Carrots**
½ **Apple**
¾ c Milk [D]

½ c Beef & Macaroni Pasta Bake #8 [G]
• 2 oz beef, ¼ c **WG** noodles (1.3 oz)
¼ c **Broccoli** w Ranch [D][E][G]
¼ c **Pineapple**
¾ c Milk [D]

2 oz Oven Fried Chicken Leg [G][S]
1 oz **WG** Corn Muffin [E][G][S][C]
¼ c Cole Slaw [E][S][C]
¼ c **Honeydew** EHS Diced
¾ c Milk [D]

Make Your Own Taco

¼ c Beef Taco Meat (1.5 oz meat) [T]
1 Tbsp Shredded Cheddar Cheese [D]
1oz Hard **WG** Taco Shell [C]
EHS 1 oz WG Tortilla [G][S]
½ c **Shredded Romaine**
PC Salsa [T]
½ **Banana**
¾ c Milk [D]

½ c Macaroni & Cheese [D][E][G][S][C]
• ¼ oz Cheese; ¼ c **WG** Noodles
3/8 c Vegetarian **Baked Beans** [C]
½ c **Spinach Salad** w Italian [S][C]
¼ c **Peaches**
¾ c Milk [D]

Make Your Own Wrap

1 oz Turkey (2 Slices)
2 Tbsp **Hummus**
½ oz Cheddar Cheese [D]
1 **WG** Flour Tortilla (1 oz) [G][S]
½ c **Spinach Salad** w Italian [S][C]
¼ c **Pears**
¾ c Milk [D]

1 Chicken Patty [G][S][C]
1 **WG** Bun (1.8 oz) [G][S]
¼ c **Three Bean Salad**
¼ c **Tropical Fruit Salad**
¾ c Milk [D]

2 oz Meatloaf [D][G][T][S][C]
1 **WG** Corn Muffin (1 oz) [E][G][S][C]
¼ c Cheesy Mashed Potatoes [D]
¼ c **Honeydew** EHS Diced
¾ c Milk [D]

Asian

¼ c Honey Glazed Chicken (1.5 oz meat) #16
¼ c **Brown WG** Rice (½ oz grain)
¼ c **Broccoli** w Ranch [D][E][G]
¼ c **Mandarin Oranges**
¾ c Milk [D]

Make Your Own Pizza

½ **WW** English Muffin [D][G][S] 1 oz
2 TBSP Shredded Cheese [D]
1 oz String Cheese [D]
¼ c Tomato Sauce [T] (Hot)
½ c **Spinach Salad** w Italian [S][C]
¼ c **Fresh Fruit Salad** (Honeydew, Cantaloupe, Pineapple)
¾ c Milk [D]

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2 oz Oven Baked Chicken Leg
1 **WG** Wheat Roll [G][S][C] (1 oz)
¼ c **Glazed Carrots**
¼ c **Apple Slices** (2-3)
¾ c Milk [D]

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2 oz CN Hamburger Patty [S][C]
1 **WG** Bun (1.8 oz) [G][S]
½ c **Spinach Salad** w Ranch [D][E][G]
¼ c **Cantaloupe**
¾ c Milk [D]

Make Your Own Joe

½ c **Bean Sloppy Joe** (2 oz meat) #8 [T][C]
1 **WG** Bun (1.8 oz) [G][S]
¼ c Cole Slaw [E][S][C]
2 **Orange Wedges**
¾ c Milk [D]

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