



OCTOBER 2024

ARBOR VITAE WOODRUFF SCHOOL LUNCH

STUDENT: \$3.20 ADULT: \$4.20 MILK: \$.50



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Swedish Meatballs Mashed Potatoes Fresh Carrots WG Dinner Roll ALT: Popcorn Chicken w/ Dinner Roll	1 Beef Nachos Seasoned Rice Refried Beans Corn Fresh Tomato ALT: Chicken Sandwich	2 WG Pancakes Cheese Omelet Potato Smiles Fresh Cucumbers ALT: Hot Dog	3 Chicken Fried Rice Steamed Green Beans Fresh Cauliflower ALT: Cheeseburger	4 Pizza Dippers Steamed Peas Fresh Red Peppers WG Cookie ALT: Meatball Sub
7 WG Chicken Nuggets Dinner Roll Steamed Green Beans Fresh Tomatoes ALT: Mac & Cheese w/Dinner Roll	8 Walking Taco Seasoned Rice Sweet Corn Fresh Cucumbers ALT: Sweet & Sour Chicken	9 Mini Corn Dogs Baked Beans Steamed Carrots Fresh Cauliflower ALT: Cheeseburger	10 Rotini Pasta w/ Meat Sauce WG Bread Stick Steamed Mixed Vegetables Fresh Broccoli ALT: Chicken Sandwich	11 Cheese Pizza Steamed Peas Fresh Red Peppers WG Cookie ALT: Hot Dog
14 No School In-Service	15 Beef Nachos Seasoned Rice Sweet Corn Refried Beans ALT: Cheese Quesadilla	16 WG French Toast Sticks Cheese Omelet Tater Tots Fresh Cucumbers ALT: Hot Dog	17 Popcorn Chicken WG Crackers Steamed Green Beans Fresh Cauliflower ALT: Cheeseburger	18 Cheese Pizza Steamed Broccoli Fresh Red Peppers WG Cookie ALT: Chicken Sandwich
21 Cheese Quesadilla Seasoned Rice Steamed Peas Fresh Tomatoes ALT: Chicken Tenders w/ WG Roll	22 Walking Taco Seasoned Rice Steamed Mix Vegetables Fresh Broccoli ALT: Sweet & Sour Meatballs	23 Cheesy Pasta Bake Steamed Green Beans Fresh Carrots ALT: Chicken Waffle Sandwich	24 Hot Dog Baked Beans Steamed Peas Fresh Cucumbers ALT: Fish Sticks w/WG Roll	25 Pizza Dippers Marinara Steamed Carrots Fresh Celery WG Cookie ALT: Cheeseburger

K-2

**Deli Sandwich
Pb & J**

Uncrustable

3-8th

**Deli Sandwich
PB & J Uncrustable
Entree Salad
Yogurt Parfait**

**Musky Meal
Tuesday**

BeWell Healthy Choice Vegetarian (Ovo-Lacto) Local Fresh Picks



**Musky Meal
Thursday**

