

**AFTER SCHOOL SUPPER MENU
MIDDLE & HIGH SCHOOL
OCTOBER 2022
Hot**

New Regulations: Fruit & Vegetable are *Separate* Groups

2 M/MA; 1 Grain; ¼ c Fruit, ½ c Veg; 1 Milk

WEEK 1				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WG Chicken Patty on WG Bun Fresh / 1/2 c Canned Fruit 4 oz. Veggie Juice AND/OR Daily Alternate	WG Cheese Pizza Marinara Cup 4 oz. Apple Juice AND/OR Daily Alternate	(5) Chicken WG Nuggets Baby Carrots 4 oz. Orange Juice AND/OR Daily Alternate	Cheeseburger on WG Bun 2 slices Tomato ¼ c Lettuce 4 oz. Apple Juice AND/OR Daily Alternate	(5) Spicy Chik'n Nuggets w/ WG Dinner Roll Fresh / ½ c Canned Fruit 4 oz. Veggie Juice AND/OR Daily Alternate
WEEK 2				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken WG Drumstick w/ WG Dinner Roll Fresh/ ½ c Canned Fruit 4 oz. Veggie Juice AND/OR Daily Alternate	Hamburger on WG Bun 2 slices Tomato ¼ c Lettuce 4 oz. Apple Juice AND/OR Daily Alternate	(4) sl. Turkey & (2) sl. Cheese Sub Sandwich 2 slices Tomato ¼ c Lettuce 4 oz. Orange Juice AND/OR Daily Alternate	(3) Spicy Chicken Tenders Fresh /½ c Canned Fruit 4 oz. Veggie Juice AND/OR Daily Alternate	Turkey Beef Pepperoni WG Stuffed Sandwich IW Fresh / 1/2 c Canned Fruit 4 oz. Veggie Juice AND/OR Daily Alternate
WEEK 3				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
(5) Chicken WG Nuggets Fresh/½ cup Canned Fruit 4 oz. Veggie Juice AND/OR Daily Alternate	WG Cheese Pizza Marinara Cup 4 oz. Apple Juice AND/OR Daily Alternate	WG Chicken Patty on WG Bun Baby Carrots 4 oz. Orange Juice AND/OR Daily Alternate	(4) Turkey Ham & (2) Cheese Sub Sandwich 2 slices Tomato ¼ c Lettuce 4 oz. Orange Juice AND/OR Daily Alternate	(5) Spicy Chik'n Nuggets w/ WG Dinner Roll Fresh / ½ c Canned Fruit 4 oz. Veggie Juice AND/OR Daily Alternate
WEEK 4				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken WG Drumstick w/ WG Dinner Roll Fresh/ ½ c Canned Fruit 4 oz. Veggie Juice AND/OR Daily Alternate	Cheeseburger on WG Bun 2 slices Tomato ¼ c Lettuce Fresh/Canned Fruit AND/OR Daily Alternate	(4) sl. Turkey & (2) sl. Cheese Sub Sandwich 2 slices Tomato ¼ c Lettuce 4 oz. Orange Juice AND/OR Daily Alternate	(3) Spicy Chicken Tenders Baby Carrots 4 oz. Apple Juice AND/OR Daily Alternate	Turkey Beef Pepperoni WG Stuffed Sandwich IW Fresh/ ½ c Canned Fruit 4 oz. Veggie Juice AND/OR Daily Alternate
DAILY CHOICES				
Daily Alternate A: 2 Cheese Sticks, WG Grahams, 4 oz. Veggie Juice and Fresh/1/2 c. Canned Fruit				
Daily Alternate B: 2 Cheese Sticks, 1 Tostitos Scoops, Salsa Cup, and 4 oz. Orange Juice				
Daily Alternate C: 2 Peanut Butter Cups, 1 Tostitos Scoops, and Celery Sticks and 4 oz. Apple Juice				
MILK ASSORTED CONDIMENTS	MILK ASSORTED CONDIMENTS	MILK ASSORTED CONDIMENTS	MILK ASSORTED CONDIMENTS	MILK ASSORTED CONDIMENTS