



Integration: South MS Breakfast - October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Oct 1, 2023	Oct 2, 2023	Oct 3, 2023	Oct 4, 2023	Oct 5, 2023	Oct 6, 2023	Oct 7, 2023
Closed	<ul style="list-style-type: none"> • WGR Cereal • WGR Blueberry Mini Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • Assorted Yogurt • Whole Grain Bread • Bananas (2) • Skim Milk • Milk 1% low-fat 	<ul style="list-style-type: none"> • WGR Cereal • Whole Grain Bread • Oranges (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • WGR Corn Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Whole Wheat Bagel • Cream Cheese • WGR Waffle Grahams • Oranges (2) • Skim Milk • Milk 1% low-fat 	Closed
Oct 8, 2023	Oct 9, 2023	Oct 10, 2023	Oct 11, 2023	Oct 12, 2023	Oct 13, 2023	Oct 14, 2023
Closed	Closed	<ul style="list-style-type: none"> • WGR Cereal • Whole Grain Bread • Bananas (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • WGR Blueberry Mini Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • WGR Corn Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Assorted Yogurt • WGR Granola Bar, Asstd • Pears (2) • Milk 1% low-fat • Skim Milk 	Closed
Oct 15, 2023	Oct 16, 2023	Oct 17, 2023	Oct 18, 2023	Oct 19, 2023	Oct 20, 2023	Oct 21, 2023
Closed	<ul style="list-style-type: none"> • WGR Cereal • WGR Corn Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • Assorted Yogurt • Whole Grain Bread • Bananas (2) • Skim Milk • Milk 1% low-fat 	<ul style="list-style-type: none"> • WGR Cereal • Whole Grain Bread • Oranges (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • WGR Blueberry Mini Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Whole Wheat Bagel • Cream Cheese • WGR Waffle Grahams • Oranges (2) • Skim Milk • Milk 1% low-fat 	Closed
Oct 22, 2023	Oct 23, 2023	Oct 24, 2023	Oct 25, 2023	Oct 26, 2023	Oct 27, 2023	Oct 28, 2023
Closed	<ul style="list-style-type: none"> • WGR Cereal • Assorted Yogurt • Whole Grain Bread • Bananas (2) • Skim Milk • Milk 1% low-fat 	<ul style="list-style-type: none"> • WGR Cereal • Whole Grain Bread • Oranges (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • WGR Blueberry Mini Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • Whole Grain Bread • Bananas (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Assorted Yogurt • Honey Oat Granola Bar • Pears (2) • Milk 1% low-fat • Skim Milk 	Closed
Oct 29, 2023	Oct 30, 2023	Oct 31, 2023				
Closed	<ul style="list-style-type: none"> • WGR Cereal • WGR Blueberry Mini Loaf • Pears (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Cereal • Assorted Yogurt • Whole Grain Bread • Bananas (2) • Skim Milk • Milk 1% low-fat 				

This institution is an equal opportunity provider.



Integration: South MS Lunch - October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Oct 1, 2023	Oct 2, 2023	Oct 3, 2023	Oct 4, 2023	Oct 5, 2023	Oct 6, 2023	Oct 7, 2023
Closed	<ul style="list-style-type: none"> • Roasted Chicken Thigh • WGR Pasta w/Olive Oil • Baby Carrots • Pear • Whole Grain Bread • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Jamaican Beef Patty • Collard Greens • Orange • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Turkey Ham • Whole Grain Bread (2) • Cheese Slice • Green Beans • Wheat Thins • Bananas (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Beef Hot Dog • Mixed Vegetables • Potato Nuggets • WGR Hot Dog Bun • Apple • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Oven Fried Chicken • Brown Rice and Beans • Sweet Potato • Pear • Whole Grain Bread • Skim Milk • Milk 1% low-fat 	Closed
Oct 8, 2023	Oct 9, 2023	Oct 10, 2023	Oct 11, 2023	Oct 12, 2023	Oct 13, 2023	Oct 14, 2023
Closed	Closed	<ul style="list-style-type: none"> • Hamburger on a WGR Bun: • Cheese Slice • Potato Wedge • Mixed Vegetables • Orange • Skim Milk • Milk 1% low-fat 	<ul style="list-style-type: none"> • Turkey • Whole Grain Bread (2) • Broccoli • WGR Cheez-it Crackers • Bananas (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Beef WGR Soft Taco: • Pinto Beans • Mixed Vegetables • Spanish Rice • Orange • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Macaroni and Cheese • Green Beans • Whole Grain Bread • Clementine (2) • Skim Milk • Milk 1% low-fat 	Closed
Oct 15, 2023	Oct 16, 2023	Oct 17, 2023	Oct 18, 2023	Oct 19, 2023	Oct 20, 2023	Oct 21, 2023
Closed	<ul style="list-style-type: none"> • Roasted Chicken Thigh • Whole Grain Pasta • Green Beans • Pear • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WGR Spaghetti and Meatballs: • Broccoli • Whole Grain Bread • Clementine (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Turkey Ham • Whole Grain Bread (2) • Cheese Slice • Green Beans • Wheat Thins • Bananas (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Burger W/ WGR Bun: • Cheese Slice • Tater Tots • Fresh Apple • Skim Milk • Milk 1% low-fat 	<ul style="list-style-type: none"> • WW Cheese Pizza • Broccoli • Banana • Milk 1% low-fat • Skim Milk 	Closed
Oct 22, 2023	Oct 23, 2023	Oct 24, 2023	Oct 25, 2023	Oct 26, 2023	Oct 27, 2023	Oct 28, 2023
Closed	<ul style="list-style-type: none"> • Whole Grain Chicken Fingers • Brown Rice and Beans • Sweet Potato Fries • Pear • Skim Milk • Milk 1% low-fat 	<ul style="list-style-type: none"> • Jamaican Beef Patty • Green Beans • Whole Grain Bread • Sweet Potato (2) • Skim Milk • Milk 1% low-fat 	<ul style="list-style-type: none"> • Turkey • Whole Grain Bread (2) • Broccoli • WGR Cheez-it Crackers • Bananas (2) • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Beef Empanada • Brown Rice and Beans • Oriental Blend Vegetables • Apple • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • WW Cheese Pizza • Broccoli • Orange • Milk 1% low-fat • Skim Milk 	Closed
Oct 29, 2023	Oct 30, 2023	Oct 31, 2023				
Closed	<ul style="list-style-type: none"> • Roasted Chicken Thigh • WGR Pasta w/Olive Oil • Baby Carrots • Pear • Whole Grain Bread • Milk 1% low-fat • Skim Milk 	<ul style="list-style-type: none"> • Salisbury Steak • Mashed Potatoes • Collard Greens • Whole Grain Bread • Orange • Milk 1% low-fat • Skim Milk 				

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