

Wednesday Lunches for 22/23

All lunches will include main meal, flavored water or milk, veggies, fruits, snack crackers or nuts, and a dessert

Lunches are \$2.50 for each person

Two main meal options are permanent which are mac & cheese, peanut butter & jelly. One option will change every week and is listed below.

Fruits and veggies will depend on what is on sale for the week.

Dessert will be either jello, pudding, or a homemade item: like cookies or cupcakes.

You may bring your own lunch from home if you wish. If your child has a food allergy, please let us know so we are aware. We do recommend a lunch from home if they have **a life threatening allergy**.

Example lunch:

Spaghetti / PB&J / Mac & Cheese

Carrots & sliced apples

Mixed nuts, Cheeze-Its, or goldfish

Dessert

Flavored water or milk

October

5th Spaghetti

12th Chicken & rice

19th Pizza Bagel

26th Taco salad

30th Chicken Nuggets

November

2nd Hot Dogs

9th Spaghetti

16th Butter Curry

23rd Pizza Bagel

December

7th Sloppy Joes

14th Turkey Sandwich

January

4th Taco salad

11th Pizza

18th Chicken & Rice

25th Chicken Nuggets

29th Spaghetti

February

1st Corn Dogs

8th Spaghetti

15th Butter Curry

March

1st Hot Dogs

8th Taco Salad

15th Sloppy Joes

22nd Pizza Bagel

April

5th Chicken & rice

12th Turkey Sandwich

19th Corn Dogs

26th Chicken nuggets

31st Butter Curry

May

3rd Spaghetti

10th Taco Salad

17th Hot Dogs

24th Pizza Bagel

June

7th Corn Dogs

14th Chicken nuggets