

# OCTOBER 2017 WILDWOOD CAMPUS

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**AVAILABLE DAILY**

**PBJ Sandwich**  
**Baked Crispy Chicken Sandwich**  
**Cheeseburger on a Roll**  
**Assorted Subs**  
**M/W/F: Chicken Caesar Salad w/ Bread Choice**  
**Tues & Thurs: Chicken BLT Salad w/Bread Choice**  
**Tossed Salad**  
**Fresh Vegetables**  
**Fresh Fruit**  
**Fruit Cups**  
**100% Fruit Juice**  
**Chilled Milk**  
**Bread Choice = Breadstick or Soft Pretzel**

**PRICING**

Breakfast and Lunch \$0.00  
 Milk/Juice/Ala Carte Side \$0.75  
 Snacks \$0.50-\$1.30  
 PK-12th: 2nd B-fast Entree \$1.00  
 PK-6th: 2nd Lunch Entree \$1.40  
 7th-12th: 2nd Lunch Entree \$1.60

**NOTE: Every student gets 1 breakfast & 1 lunch at no charge per school day. Each breakfast & lunch must be a COMPLETE REIMBURSABLE MEAL or students will be charged ala carte for each item on their tray.**

**POWER UP WITH SCHOOL BREAKFAST!!**

Check out the Breakfast Menu on the district website or contact the food service office to have one sent home with your student.

<p><sup>2</sup> Italian Meatball Sub Buffalo Wing Pizza Pepperoni Pizza Cheese Pizza Carrot Coins</p>	<p><sup>3</sup> Meat Taco w/Rice Garlic Pizza Pepperoni Pizza Cheese Pizza Golden Sweet Corn Baked Beans <b>Fresh Cucumber Slices</b></p>	<p><sup>4</sup> BBQ Pork Rib on a Roll Buffalo Wing Pizza Pepperoni Pizza Cheese Pizza <b>Fresh Baby Carrots</b> Oven Fries <b>Cinnamon Applesauce</b> Jello</p>	<p><sup>5</sup> Chicken Strip Sub Garlic Pizza Pepperoni Pizza Cheese Pizza Steamed Broccoli Florets</p>	<p><sup>6</sup> Homemade Macaroni &amp; Cheese w/Bread Buffalo Wing Pizza Pepperoni Pizza Cheese Pizza Green Beans</p>
<p><sup>9</sup>  Columbus Day</p>	<p><sup>10</sup> Chicken Soft Taco w/Rice Garlic Pizza Pepperoni Pizza Cheese Pizza Golden Sweet Corn Baked Beans <b>Fresh Cucumber Slices</b></p>	<p><sup>11</sup> Breakfast Sandwich Buffalo Wing Pizza Pepperoni Pizza Cheese Pizza <b>Fresh Baby Carrots</b> Tater Tots <b>Homemade Fruit Crisp</b></p>	<p><sup>12</sup> Chicken Alfredo w/Bread Garlic Pizza Pepperoni Pizza Cheese Pizza Steamed Broccoli Florets</p>	<p><sup>13</sup> Baked Mozzarella Sticks w/Pasta &amp; Marinara Sauce Buffalo Wing Pizza Pepperoni Pizza Cheese Pizza Green Beans</p>
<p><b>National School Lunch Week is October 9th-13th! Come check out what your cafeteria has to offer!</b></p>				
<p><sup>16</sup> Authentic North Carolina Pulled Pork Sandwich Buffalo Wing Pizza Pepperoni Pizza Cheese Pizza <b>Fresh Baby Carrots</b> Oven Fries</p>	<p><sup>17</sup> Meat Nacho Grande w/Rice Garlic Pizza Pepperoni Pizza Cheese Pizza Golden Sweet Corn Baked Beans <b>Fresh Cucumber Slices</b></p>	<p><sup>18</sup> Toasted Cheese Sandwich Buffalo Wing Pizza Pepperoni Pizza Cheese Pizza Carrot Coins Hot Tomato Soup <b>Cinnamon Applesauce</b> Jello</p>	<p><sup>19</sup> Pizza Dunkers w/Marinara Sauce Garlic Pizza Pepperoni Pizza Cheese Pizza Steamed Broccoli Florets</p>	<p><b>CONFERENCE DAY</b> <b>NO SCHOOL</b></p>
<p><sup>23</sup> Popcorn Chicken Bites w/Bread Buffalo Wing Pizza Pepperoni Pizza Cheese Pizza Carrot Coins</p>	<p><sup>24</sup> Chicken Soft Taco w/Rice Garlic Pizza Pepperoni Pizza Cheese Pizza Golden Sweet Corn Baked Beans <b>Fresh Cucumber Slices</b></p>	<p><sup>25</sup> French Toast Sticks w/Sausage Buffalo Wing Pizza Pepperoni Pizza Cheese Pizza <b>Fresh Baby Carrots</b> Tater Tots <b>Homemade Fruit Crisp</b></p>	<p><sup>26</sup> Chicken &amp; Orange Sauce w/Rice Garlic Pizza Pepperoni Pizza Cheese Pizza Steamed Broccoli Florets</p>	<p><sup>27</sup> Hot Turkey &amp; Gravy Buffalo Wing Pizza Pepperoni Pizza Cheese Pizza Green Beans Mashed Potatoes w/Gravy</p>
<p><sup>30</sup> Italian Meatball Sub Buffalo Wing Pizza Pepperoni Pizza Cheese Pizza Carrot Coins</p>	<p><sup>31</sup> Meat Taco w/Rice Garlic Pizza Pepperoni Pizza Cheese Pizza Golden Sweet Corn Baked Beans <b>Fresh Cucumber Slices</b></p>	<p> HAPPY HALLOWEEN</p>	<p><b>THIS DISTRICT IS AN EQUAL OPPORTUNITY EMPLOYER &amp; PROVIDER</b></p>	<p><b>Contact the FS Office</b> if you have any questions, comments or concerns. We can be reached at (607) 324-1303 Ext. 1570 or <b>Email:</b> <a href="mailto:tswisher@gstboces.org">tswisher@gstboces.org</a></p>

# VEGETARIAN LUNCH MENU OPTIONS

**FUELING YOUNG MINDS TO DO THEIR VERY BEST**



## VEGETARIAN LUNCH ENTRÉE SELECTIONS

- **AVAILABLE DAILY ENTRÉE SELECTIONS**
  - PBJ Sandwich
  - Vegetarian Chef Salad w/Bread Choice
  - Yogurt w/Bread Choice
  - Fruit & Yogurt Parfait w/Bread Choice
  - Cottage Cheese w/Fruit & Bread Choice
- **FEATURED ENTRÉE SELECTIONS**
  - Pizza Dunkers w/Marinara Sauce
  - Cheese Pizza, Garlic Pizza, Garlic & Broccoli Pizza, Veggie Lover's Pizza
  - Egg Salad Sandwich
  - Homemade Macaroni & Cheese w/Bread
  - Toasted Cheese Sandwich
  - Bean Nacho Grande
  - Bean Tacos w/Rice
  - Baked Mozzarella Sticks w/Marinara Sauce
  - Cheese or Plain Veggie Burger on a Bun
  - French Toast Sticks
  - Pancakes & Waffles
  - Pasta w/Marinara Sauce
  - Hummus w/Veggies, Chips & Bread
  - Hummus & Fresh Veggie Wrap
  - Veggie Lover's Subs & Wraps
  - Breakfast Sandwich (Request egg & cheese only)

## CHOOSE YOUR OWN VEGETARIAN COMBINATIONS

### Vegetable Selections

- Cauliflower
- Broccoli
- Fresh Baby Carrots
- Fresh Pepper Strips
- Fresh Celery Sticks
- Fresh Cucumber Slices
- Fresh Tossed Salad
- Green Beans
- Carrot Coins
- Corn
- Tomato Soup
- Sweet Potatoes (Mashed, Fries, Wedges)
- Steamed Broccoli
- Oven Fries
- Mashed Potatoes
- Tater Tots
- Potato Wedges
- Refried Beans
- Sweet Peas
- California Blend Vegetables
- Steamed Vegetable Medley
- Marinara Sauce
- Baked Beans
- Fresh Tomatoes

### Fruit Selections

- Fresh Watermelon
- Fresh Pineapple
- Fresh Grapes
- Fresh Kiwi
- Fresh Bananas
- Fresh Apples
- Fresh Cantaloupe
- Fresh Oranges
- Fresh Grapefruit
- Peaches
- Pears
- Applesauce
- Mandarin Oranges
- Strawberries
- Blueberries
- Mixed Fruit
- Raisins
- 100% Fruit Juice
- Other Seasonal Fruit Selections