

# October 2022

## NACS Bobcat Café

### MONDAY

Chicken Patty **3**  
On WGR Bun  
Cheese Slice  
Steamed Corn  
Applesauce  
Milk Variety

### TUESDAY

Tacos **4**  
W/ Meat Sauce  
WGR Tortilla Chips  
Lettuce, Tomatoes  
Cheese  
Lite Sour Cream  
Peaches  
Milk Variety

### WEDNESDAY

Chicken Nuggets **5**  
W/ Dipping Sauces  
Carrot Coins  
Chicken Noodle Soup  
WGR Goldfish  
Pears  
Milk Variety

### THURSDAY

Hot Dog **6**  
On WGR Roll  
Baked Potato Rounds  
Maple Bacon  
Baked Beans  
Mixed Fruit  
Milk Variety

### FRIDAY

**E: Stuffed Crust Pizza** **7**  
**M/H Specialty Pizza**  
Garden Salad  
Carrot Sticks  
W/ Lite Ranch  
Apple Slices  
Milk Variety



Chicken Tenders **11**  
On WGR Wrap  
Lettuce, Tomato,  
Cheese  
Seasoned Rice  
W/ Mixed Vegetables  
Applesauce  
Milk Variety

Homemade Goulash **12**  
WGR Dinner Roll  
Steamed Corn  
Garden Salad  
Mandarin Oranges  
Milk Variety

Hot Turkey Sandwich **13**  
Mashed potatoes  
W/ Gravy  
Steamed Green Beans  
Pears  
Milk Variety

**E: Stuffed Crust Pizza** **14**  
**M/H Specialty Pizza**  
Garden Salad  
Cucumber Coins  
Grape Tomatoes  
W/ Lite Ranch  
Apples  
Milk Variety

Chicken Nuggets **17**  
W/ Dipping Sauces  
Homemade Macaroni  
Tomato Soup  
Crackers  
Carrot Sticks  
Pears  
Milk Variety

Tacos **18**  
W/ Meat Sauce  
WGR Tortilla Chips  
Lettuce, Tomatoes  
Cheese  
Lite Sour Cream  
Peaches  
Milk Variety

**E: Fish Nuggets** **19**  
**M/H Fish Burger**  
**On WGR Bun**  
Macaroni & Cheese  
Broccoli  
Applesauce  
Milk Variety

**Brunch 4 Lunch** **20**  
**E: French toast Sticks**  
**M/H French toast Tornado**  
Sausage Patty  
Hash Brown Rounds  
Mandarin Oranges  
Milk Variety

**Early Release** **21**  
Stuffed Crust Pizza  
Juice  
Carrot Sticks  
W/ Lite Ranch  
Apple Slices  
Milk Variety

Meatball Sub **24**  
On WGR Roll  
Topped W/  
Marinara Sauce & Cheese  
Baked French Fries  
Peaches  
Milk Variety

**NAC Chicken Bowl** **25**  
Popcorn Chicken  
Mashed Potatoes  
W/ Gravy  
Steamed Corn  
WGR Dinner Roll  
Mixed Fruit  
Milk Variety

Ravioli **26**  
W/ Meat Sauce  
Cheese Bread Stick  
Green Beans  
Pears  
Milk Variety

Homemade **27**  
Chicken & Biscuits  
W/ Gravy  
Peas & Carrots  
Applesauce  
Milk Variety

**E: Stuffed Crust Pizza** **28**  
**M/H Specialty Pizza**  
Garden Salad  
Cucumber Coins  
Grape Tomatoes  
W/ Lite Ranch  
Apples  
Milk Variety

WGR Pumpkin Pretzel **31**  
W/ Cheddar Cheese  
Sauce  
Cheese Stick  
Steamed Green Beans  
Applesauce  
Milk Variety



*Did you know?*

October has two strikingly different birth flowers: the pastel-hued cosmos, and the radiant marigold.



### Breakfast

**Monday**  
WGR Donut  
**Tuesday**  
WGR Mini Cinni  
**Wednesday**  
WGR Cereal  
**Thursday**  
WGR Blueberry Bread  
**Friday**  
Yogurt W/  
Graham Crackers

\*Breakfast served with fruit or juice and 1% white milk  
**M/W/F-Fruit**  
**T/TH- Juice**

### Available Daily

**Elementary**  
Chef Salad  
Chicken Wrap  
Lunch able:  
**M/W/F- Chicken Nugget**  
Lunch able  
**T/TH- Pizza Lunch able**  
**M/H**  
Salad Bar-Chef or Garden  
Assorted Wraps-Meat or Vegetable  
Assorted Subs  
Fruit Tray w/ Yogurt

\*Each meal served with Fruit, vegetables and flavored or white milk

\*Menu subject to change without notice

\*This institution is an equal opportunity provider