

WIXON SEPTEMBER LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HARVEST OF THE MONTH TOMATOES	5	6 WG CHICKEN NUGGETS OR TOASTED CHEESE SANDWICH ON WW BREAD MASHED POTATOES STEAMED CORN TOSSED SALAD	7 HOT DOGS OR CHEESEBURGERS ON A WW ROLL OVEN FRIES CARROTS PICKLE SPEARS FRESH FRUIT	8 SAL'S PIZZA CHEESE PIZZA SPINACH SALAD CHICK PEA SALAD FRESH FRUIT
11 WG CHICKEN NUGGETS OR TOASTED CHEESE SANDWICH MASHED POTATOES STEAMED CORN TOSSED SALAD FRESH FRUIT	12 TACO TRIANGLES OR CHICKEN PATTY WW ROLL RICE TOMATO SALSA BROCCOLI TOSSED SALAD FRESH FRUIT	13 WG PASTA, PLAIN OR WITH MARINARA MEAT SAUCE OR MEATBALLS CAESAR SALAD WW GARLIC ROLL FRESH FRUIT	14 HOT DOGS OR BACON CHEESEBURGERS TATER TOTS STEAMED CARROTS TOSSED SALAD TOMATO MOZZARELLA SALAD FRESH FRUIT	15 SAL'S PIZZA CHEESE PIZZA SPINACH SALAD CHICK PEA SALAD FRESH FRUIT
18 WG CHICKEN NUGGETS OR TOASTED CHEESE SANDWICH ON A WW BREAD MASHED POTATOES STEAMED CORN TOSSED SALAD APPLE SAUCE	19 OVEN FRIED CHICKEN OR CHICKEN PATTY SMILE FRIES BROCCOLI WW ROLL TOSSED SALAD TOMATO & CUKES SALAD	20 WG PASTA, PLAIN OR WITH MARINARA MEAT SAUCE OR CHICKEN & BROCCOLI CAESAR SALAD WW GARLIC ROLL FRESH FRUIT	21 HOT DOG ON A WW ROLL OR MEATLOAF OVEN FRIES CARROTS WW ROLL TOSSED SALAD FRESH FRUIT	22 SAL'S PIZZA CHEESE PIZZA SPINACH SALAD CHICK PEA SALAD FRESH FRUIT
25 WG CHICKEN NUGGETS OR TOASTED CHEESE SANDWICH ON WW BREAD TOMATO SOUP MASHED POTATOES STEAMED CORN TOSSED SALAD	26 PIZZA QUESADILLA OR CHICKEN PATTY RICE GREEN BEANS WW ROLL TOSSED SALAD FRESH FRUIT	27 WG PASTA, PLAIN OR WITH MARINARA MEAT SAUCE OR MAC & CHEESE CAESAR SALAD WW GARLIC ROLL FRESH FRUIT	28 HOT DOGS OR CHEESEBURGERS ON A WW ROLL OVEN FRIES CARROTS FRESH SLICED TOMATOES FRESH FRUIT	29 SAL'S PIZZA CHEESE PIZZA SPINACH SALAD CHICK PEA SALAD FRESH FRUIT
				HARVEST OF THE MONTH TOMATOES

AVAILABLE DAILY

ASSORTED SANDWICHES TURKEY & CHEESE HAM & CHEESE SUNBUTTER & JELLY SUNBUTTER & FLUFF	ASSORTED SALADS CHEF SALAD WITH HAM, CHEESE AND HARD BOILED EGG OR TOSSED SALAD WITH CHEESE STICK BOTH SERVED WITH WW PITA	LOW FAT YORURT, FRUIT AND GRANOLA PARFAITS FRUIT SMOOTHIES ALL LUNCHES SERVED WITH 8oz 1% OR SKIM MILKS
KETCHUP, SALSA, FAT FREE SALAD DRESSINGS	FRESH FRUIT OFFERED WITH ALL MEALS DAILY	8oz WATER BOTTLES SOLD FOR \$.50 EACH

FULL PRICED LUNCH \$3.00 FULL PRICED BREAKFAST \$1.75	REDUCED PRICED LUNCH \$.40 REDUCED PRICED BREAKFAST \$.30
BREAKFAST SERVED EVERY MORNING	

