



October



Monday

Tuesday

Wednesday

Thursday

Friday

Nutrients

WAGON MOUND PUBLIC SCHOOLS 2021

LUNCH



4
5
SLOPPY JOE/H.MADE BUN
PORK & BEANS
SALAD BAR
MILK VARIETY 2021

6
CHICKEN NUGGETS
FRENCH FRIES
KETCHUP/MUSTARD
SALAD BAR
MILK VARIETY 2021

7
BURRITO, BEEF
POTATO ROUNDS
CORN
SALAD BAR
MILK VARIETY 2021



8
Cal 728
T.Fat 25.87 G
S.Fat 8.0 G
Chol 79.8 Mg
Sodm 1772.38 Mg

11
SPAGHETTI/MT.SAUCE
BREAD,STICKS,PLAIN
GREEN BEANS
SALAD BAR
MILK VARIETY 2021

12
ORANGE CHICKEN
LO MEIN
Egg Rolls
SALAD BAR
MILK VARIETY 2021

13
TORTILLA BURGER
CHIPS
GREEN CHILE
SALAD BAR
LETTUCE & TOMATO
MILK VARIETY 2021

14
NACHOS WITH GROUND
BEEF
PINTO BEANS
LETTUCE/TOMATO
SALAD BAR
MILK VARIETY 2021

15
Cal 482
T.Fat 19.27 G
S.Fat 6.6 G
Chol 50.9 Mg
Sodm 1298.40 Mg

18
BEEF TACOS
LETTUCE/TOMATO
PINTO BEANS
SALSA
SALAD BAR
MILK VARIETY 2021

19
GRILLED CHICKEN
SANDWICH
POTATO ROUNDS
LETTUCE & TOMATO
SALAD BAR
MILK VARIETY 2021

20
FRITO PIE
PINTO BEANS
LETTUCE/TOMATO
SALAD BAR
MILK VARIETY 2021

21
CHICKEN FAJITAS
SPANISH RICE
SOUR CRM,FAT FREE
AVOCADO
SALSA
SALAD BAR
MILK VARIETY 2021

22
Cal 527
T.Fat 16.65 G
S.Fat 4.7 G
Chol 54.4 Mg
Sodm 1274.05 Mg

25
SUB SANDWICHES
LETTUCE & TOMATO
APPLES
CHIPS
KETCHUP/MUSTARD/MAYO
SALAD BAR
MILK VARIETY 2021

26
CORN DOGS
TATOR TOTS
KETCHUP/MUSTARD
SALAD BAR
MILK VARIETY 2021

27
PEPPERONI PIZZA
CHICKEN WINGS
CARROT STICKS
SALAD BAR
MILK VARIETY 2021

28
MUMMY DOGS
SKELETON FINGERS
FRESH EYEBALLS
WORMY CUPS OF DIRT
MONSTER MILK

29
Cal 795
T.Fat 35.02 G
S.Fat 9.5 G
Chol 76.3 Mg
Sodm 2370.26 Mg

Happy Halloween

