






October

Western Dubuque
Schools MS/HS
2022

October 2022 MS/HS LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken and Gravy w/Buttered Noodles Peas Cherry Craisens Dinner Roll	4 Sloppy Joe on a Bun Curly Fries Green Beans Cherry Juice Cup	5 Mandarin Orange Chicken White Rice Steamed Broccoli Mandarin Oranges Baby Carrots	6 Walking Taco w/Romaine & Tomoato's Corn Refried Beans Fresh Orange Half	7 Cheese Filled Breadsticks w/ marinara sauce Baby Carrots Peaches
10 Boneless Chicken Bites Mashed Potatoes w/gravy Corn Pears Dinner Roll	11 Cheese Quesadilla Potato Ole's Steamed mixed Veggies Applesauce Cup	12 Chicken Fillet Sandwich Coleslaw Baked Beans Pineapple	13 Spaghetti w/Meat Sauce w/garlic toast Cinnamon Apples Side Salad	14 Wild Mike's Cheese Bites Celery Sticks w/ranch Applesauce Cup Baked Cheetos
17 Chicken Strips Mashed Potatoes w/gravy Corn Peaches Dinner Roll	18 Pulled Pork Nacho's Curly Fries Steamed Veggies Pears	19 Pub Burger w/Cheese French Fries Fruit Mix Fresh Green Beans	20 Soft Shell Taco Cheesy Rice Potato Ole's Orange Half	21 Pizza Crunchers Sun Chips Fresh Strawberries Mixed Veges w/Cheese
24 Chicken and Gravy w/Buttered Noodles Peas Pears Dinner Roll	25 Mac and Cheese w/Goldfish Cackers Steamed Broccoli Applesauce Cup	26 French Toast Sticks Sausage Patty Tri-tator Fruitable Juice Banana Half	27 Spaghetti w/Meat Sauce w/garlic toast Cinnamon Apples Side Salad	28 Cheesy Bosco Sticks Celery Sticks w/ranch Mixed Fruit Baked Cheeto's
31 Boneless Chicken Bites Mashed Potatoes w/gravy Corn Peaches Dinner Roll				

Menu subject to change without notice
PB,PB&J and Ham Sandwiches avail. daily

This institution is an equal opportunity provider
Fat Free, 1% white and 1% Choc Milk available daily



Reminder, If you feel you qualify for free or reduced Lunches. Please submit an application in your parent portal. Click on More then Meal Benefits.

