**AFTER SCHOOL SUPPER MENU**  
**MIDDLE & HIGH SCHOOL**  
**OCTOBER 2022**

**Hot**

New Regulations: Fruit & Vegetable are Separate Groups

<table>
<thead>
<tr>
<th>WEEK 1</th>
<th>WEEK 2</th>
<th>WEEK 3</th>
<th>WEEK 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>MONDAY</td>
<td>TUESDAY</td>
<td>WEDNESDAY</td>
<td>THURSDAY</td>
</tr>
</tbody>
</table>
| WG Chicken Patty on WG Bun  
Fresh / 1/2 c Canned Fruit  
4 oz. Veggie Juice  
AND/OR  
Daily Alternate | WG Cheese Pizza  
Marinara Cup  
4 oz Apple Juice  
AND/OR  
Daily Alternate | (5) Chicken WG Nuggets  
Baby Carrots  
4 oz. Orange Juice  
AND/OR  
Daily Alternate | Cheeseburger on WG Bun  
2 slices Tomato  
1/4 c Lettuce  
4 oz. Apple Juice  
AND/OR  
Daily Alternate | (5) Spicy Chik’n Nuggets w/WG Dinner Roll  
Fresh / 1/2 c Canned Fruit  
4 oz. Veggie Juice  
AND/OR  
Daily Alternate |
| MONDAY      | TUESDAY     | WEDNESDAY   | THURSDAY    | FRIDAY      |
| Chicken WG Drumstick w/WG Dinner Roll  
Fresh/ 1/2 c Canned Fruit  
4 oz. Veggie Juice  
AND/OR  
Daily Alternate | Hamburger on WG Bun  
2 slices Tomato  
1/4 c Lettuce  
4 oz. Apple Juice  
AND/OR  
Daily Alternate | (4) sl. Turkey & (2) sl. Cheese  
Sub Sandwich  
2 slices Tomato  
1/4 c Lettuce  
4 oz. Orange Juice  
AND/OR  
Daily Alternate | (3) Spicy Chicken Tenders  
Fresh 1/2 c Canned Fruit  
4 oz. Veggie Juice  
AND/OR  
Daily Alternate | Turkey Beef Pepperoni WG Stuffed Sandwich IW  
Fresh / 1/2 c Canned Fruit  
4 oz. Veggie Juice  
AND/OR  
Daily Alternate |
| MONDAY      | TUESDAY     | WEDNESDAY   | THURSDAY    | FRIDAY      |
| (5) Chicken WG Nuggets  
Fresh/1/2 cup Canned Fruit  
4 oz. Veggie Juice  
AND/OR  
Daily Alternate | WG Cheese Pizza  
Marinara Cup  
4 oz Apple Juice  
AND/OR  
Daily Alternate | WG Chicken Patty on WG Bun  
Baby Carrots  
4 oz. Orange Juice  
AND/OR  
Daily Alternate | (4) Turkey Ham & (2) Cheese  
Sub Sandwich  
2 slices Tomato  
1/4 c Lettuce  
4 oz. Orange Juice  
AND/OR  
Daily Alternate | (5) Spicy Chik’n Nuggets w/WG Dinner Roll  
Fresh / 1/2 c Canned Fruit  
4 oz. Veggie Juice  
AND/OR  
Daily Alternate |
| MONDAY      | TUESDAY     | WEDNESDAY   | THURSDAY    | FRIDAY      |
| Chicken WG Drumstick w/WG Dinner Roll  
Fresh/ 1/2 c Canned Fruit  
4 oz. Veggie Juice  
AND/OR  
Daily Alternate | Cheeseburger on WG Bun  
2 slices Tomato  
1/4 c Lettuce  
Fresh/Canned Fruit  
AND/OR  
Daily Alternate | (4) sl. Turkey & (2) sl. Cheese  
Sub Sandwich  
2 slices Tomato  
1/4 c Lettuce  
4 oz. Orange Juice  
AND/OR  
Daily Alternate | (3) Spicy Chicken Tenders  
Baby Carrots  
4 oz. Apple Juice  
AND/OR  
Daily Alternate | Turkey Beef Pepperoni WG Stuffed Sandwich IW  
Fresh / 1/2 c Canned Fruit  
4 oz. Veggie Juice  
AND/OR  
Daily Alternate |

**DAILY CHOICES**

- **Daily Alternate A:** 2 Cheese Sticks, WG Grahams, 4 oz. Veggie Juice and Fresh/1/2 c. Canned Fruit
- **Daily Alternate B:** 2 Cheese Sticks, 1 Tostitos Scoops, Salsa Cup, and 4 oz. Orange Juice
- **Daily Alternate C:** 2 Peanut Butter Cups, 1 Tostitos Scoops, and Celery Sticks and 4 oz. Apple Juice

**MILK**

| ASSORTED CONDIMENTS | ASSORTED CONDIMENTS | ASSORTED CONDIMENTS | ASSORTED CONDIMENTS |

09/07/2022 All menu substitutions must be pre-approved by a supervisor. This institution is an equal opportunity provider.