

<b>Sunday</b> Oct-15, Nov-12, Dec-10	<b>Monday</b> Oct-16, Nov-13, Dec-11	<b>Tuesday</b> Oct-17, Nov-14, Dec-12	<b>Wednesday</b> Oct-18, Nov-15, Dec-13	<b>Thursday</b> Oct-19, Nov-16, Dec-14	<b>Friday</b> Oct-20, Nov-17, Dec-15	<b>Saturday</b> Oct-21, Nov-18, Dec-16
<b>Breakfast</b>						
Choice of Cereal Breakfast Casserole White Toast /Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Eggs of Choice Danish Margarine Juice of Choice 2% Milk Coffee/Tea	Syrup Choice of Cereal French Toast Breakfast Bake Canadian Bacon Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Scrambled Eggs Biscuits and Sausage Gravy Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Buttermilk Pancakes Sausage Links Maple Syrup Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Cheesy Scrambled Egg Sausage Patty Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Eggs of Choice Bacon Apple Cinnamon Muffin Bread Margarine Juice of Choice 2% Milk Coffee/Tea
<b>Lunch</b>						
Oven Fried Garden Chicken Winter Squash Green Peas Choice of Roll Brownie Margarine Coffee/Tea	Herbed Pork Loin Red Skin Mashed Potatoes Corn Choice of Roll Strawberry Shortcake Pork Gravy Margarine Coffee/Tea	Italian Baked Chicken Breast Parmesan Noodles Broccoli Choice of Roll Raspberry Whip Margarine Coffee/Tea	Beef Shepherd's Pie Mashed Potatoes Green Beans Frosted Banana Cake Margarine Coffee/Tea	Chinese Pepper Steak White Rice Oriental Vegetable Blend Dinner Roll Pie Margarine 2% Milk Coffee/Tea	Breaded Fish Garden Rice Blend Capri Vegetable Blend Choice of Roll Chocolate Chip Cookie Margarine Coffee/Tea	Baked Spaghetti California Vegetable Blend Choice of Roll Fruited Gelatin Margarine Coffee/Tea
<b>Dinner</b>						
Soup of the Day Crunchy Cod French Fries Creamy Cole Slaw Fruit Medley Ketchup Tartar Sauce 2% Milk Coffee/Tea	Soup of the Day Frankfurter On A Bun Baked Beans Carrots Diced Pears Ketchup / Mustard / Mayonnaise 2% Milk Coffee/Tea	Soup of the Day Soft Shell Beef Tacos Refried Beans Spanish Rice Chilled Peaches Margarine 2% Milk Coffee/Tea	Chunky Vegetable Soup Saltines Grilled Ham & Cheese Sandwich Potato Chips Mandarin Oranges Margarine 2% Milk Coffee/Tea	Soup of the Day Tuna Noodle Casserole Carrots Dinner Roll Fruit Cocktail Margarine Coffee/Tea	Soup of the Day Ham & Potato Au Gratin Brussels Sprouts Choice of Roll Banana Margarine 2% Milk Coffee/Tea	Minestrone Soup Saltines Grilled Chicken Sandwich Lettuce / Tomato / Onion French Fries Red Grapes Ketchup Margarine 2% Milk Coffee/Tea

**GENACROSS WOLF CREEK**

**Wolf Creek F/W Midwest 2022-2023**

**Regular/NAS/Consistent CHO Week 2**

<b>Sunday</b> Oct-22, Nov-19, Dec-17	<b>Monday</b> Oct-23, Nov-20, Dec-18	<b>Tuesday</b> Oct-24, Nov-21, Dec-19	<b>Wednesday</b> Oct-25, Nov-22, Dec-20	<b>Thursday</b> Oct-26, Nov-23, Dec-21	<b>Friday</b> Oct-27, Nov-24, Dec-22	<b>Saturday</b> Oct-28, Nov-25, Dec-23
<b>Breakfast</b>						
Choice of Cereal Cinnamon French Toast Sausage Links Maple Syrup Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Sausage & Egg Breakfast Skillet Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Eggs of Choice Bacon Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Buttermilk Pancakes Sausage Links Maple Syrup Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Egg Patty Breakfast Ham Slice White Toast /Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Scrambled Eggs Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Eggs of Choice Canadian Bacon Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea
<b>Lunch</b>						
Meatloaf Mashed Potatoes Green Beans & Mushrooms Choice of Roll Cherry Crisp Brown Gravy Margarine Coffee/Tea	Pork with Kraut Mashed Potatoes w/Gravy Whole Baby Carrots Choice of Roll Lemon Cake Margarine 2% Milk Coffee/Tea	Chicken Alfredo Fettuccine Pasta Italian Blend Mixed Vegetables Choice of Roll Cheesecake Margarine Coffee/Tea	Roast Beef Baked Potato Peas & Pearl Onions Choice of Roll Fruited Gelatin Sour Cream and Chives Margarine Coffee/Tea	Roast Turkey Bread Stuffing Mashed Potatoes w/Gravy Green Bean Casserole Cranberry Sauce Sweet Potato Pie Margarine Coffee/Tea	Fried Chicken Mashed Potatoes w/Gravy California Vegetable Blend Pineapple Upside Down Cake Margarine Coffee/Tea	Baked Glazed Ham Scalloped Potatoes Prince Charles Vegetable Blend Choice of Roll Brownie Margarine Coffee/Tea
<b>Dinner</b>						
Macaroni & Cheese Stewed Tomatoes Wheat Bread Banana Margarine 2% Milk Coffee/Tea	Philly Provolone Steak Sandwich French Fries Tossed Salad Cinnamon Applesauce Choice of Dressing Ketchup 2% Milk Coffee/Tea	Cheeseburger Onion Rings Lettuce / Tomato / Onion Vanilla Pudding Ketchup / Mustard / Mayonnaise Coffee/Tea	Soft Shell Beef Tacos Spanish Rice Corn Chilled Peaches 2% Milk Coffee/Tea	Baked Potato Soup Saltines Chicken Salad/Croissant Macaroni Salad Tropical Fruit Salad 2% Milk Coffee/Tea	Tomato Soup Saltines Grilled Cheese Sandwich Tater Tots Mandarin Oranges Ketchup 2% Milk Coffee/Tea	Beef Mostaccioli Capri Vegetable Blend Buttered Breadstick Red Grapes Margarine 2% Milk Coffee/Tea

**GENACROSS WOLF CREEK**

**Wolf Creek F/W Midwest 2023-2024**

**Regular/NAS/Consistent CHO Week 3**

<b>Sunday</b> Oct-29, Nov-26, Dec-24	<b>Monday</b> Oct-30, Nov-27, Dec-25	<b>Tuesday</b> Oct-31, Nov-28, Dec-26	<b>Wednesday</b> Nov-01, Nov-29, Dec-27	<b>Thursday</b> Nov-02, Nov-30, Dec-28	<b>Friday</b> Nov-03, Dec-01, Dec-29	<b>Saturday</b> Nov-04, Dec-02, Dec-30
<b>Breakfast</b>						
Choice of Cereal Buttermilk Pancakes Sausage Patty Maple Syrup Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Eggs of Choice Bacon Apple Cinnamon Muffin Bread Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Egg Patty Canadian Bacon White Toast /Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Eggs of Choice Biscuits and Sausage Gravy Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Cinnamon French Toast Sausage Links Maple Syrup Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Cheesy Scrambled Egg Assorted Donut Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Cheese Omelet Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea
<b>Lunch</b>						
OF Hot Roast Beef Sandwich Mashed Potatoes w/Gravy Carrots Pie Margarine Coffee/Tea	Apple Pork Chop Baked Potato Prince Charles Vegetable Blend Cheesecake Margarine Coffee/Tea	General Tso Chicken White Rice Oriental Vegetables Wheat Bread Fruited Gelatin Margarine Coffee/Tea	Spaghetti Sauce w/Meatballs Spaghetti Noodles Italian Blend Mixed Vegetables Garlic Toast Peanut Butter Brownies Coffee/Tea	BBQ Chicken Breast Mashed Potatoes w/Gravy Broccoli & Cauliflower Apple Cobbler Margarine Coffee/Tea	Lemon Baked Fish Rice Pilaf Spinach Choice of Roll Pie Margarine 2% Milk Coffee/Tea	BBQ Pork Ribette Au Gratin Potatoes Carrots Choice of Roll Pineapple Dream Margarine Coffee/Tea
<b>Dinner</b>						
Soup of the Day Turkey and Swiss Sandwich American Potato Salad Mixed Fruit Mayonnaise 2% Milk Coffee/Tea	Soup of the Day Frankfurter with Chili French Fries Pineapple and Oranges Ketchup Pkt 2% Milk Coffee/Tea	Soup of the Day Beef Stew with Biscuit Tossed Salad Choice of Dressing Chilled Peaches Margarine 2% Milk Coffee/Tea	Soup of the Day Fish Sandwich French Fries Creamy Cole Slaw Tartar Sauce Pineapple Chunks Coffee/Tea	Chicken Corn Chowder Soup Saltines Grilled Ham & Cheese Sandwich Green Beans Diced Pears 2% Milk Coffee/Tea	Soup of the Day Roasted Vegetable Lasagna California Vegetable Blend Buttered Breadstick Mandarin Oranges Margarine 2% Milk Coffee/Tea	Soup of the Day Deluxe Hamburger French Fries Red Grapes Ketchup / Mustard / Mayonnaise 2% Milk Coffee/Tea

<b>Sunday</b> Nov-05, Dec-03, Dec-31	<b>Monday</b> Nov-06, Dec-04	<b>Tuesday</b> Nov-07, Dec-05	<b>Wednesday</b> Nov-08, Dec-06	<b>Thursday</b> Nov-09, Dec-07	<b>Friday</b> Nov-10, Dec-08	<b>Saturday</b> Nov-11, Dec-09
<b>Breakfast</b>						
Choice of Cereal Buttered Waffles Sausage Patty Maple Syrup Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Scrambled Eggs Hashbrowns Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Egg Patty Sausage Links White Toast /Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Scrambled Eggs Biscuits & Sausage Gravy Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Buttermilk Pancakes Scrambled Eggs Maple Syrup Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Sausage & Egg Breakfast Skillet Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Scrambled Eggs French Toast Breakfast Bake Maple Syrup Margarine Juice of Choice 2% Milk Coffee/Tea
<b>Lunch</b>						
Roast Beef Mashed Potatoes w/Gravy Green Beans Choice of Roll Frosted Chocolate Cake Margarine Coffee/Tea	Salisbury Steak Mashed Potatoes w/Gravy Corn Choice of Roll Carrot Cake Margarine Coffee/Tea	Polish Sausage Carrots Pierogies Sauteed Onions Cherry Crisp Coffee/Tea	Lasagna Tossed Salad Garlic Toast Cheesecake Choice of Dressing Margarine Coffee/Tea	Sweet & Sour Chicken White Rice California Vegetable Blend Vegetable Egg Roll Pie Margarine Coffee/Tea	Oven Baked Fish Scalloped Potatoes Cauliflower & Peas Sour Cream Orange Cake Margarine Coffee/Tea	Roasted Pork Tenderloin Bread Stuffing Pork Gravy Dilled Carrots Choice of Roll Brownie Margarine Coffee/Tea
<b>Dinner</b>						
Soup of the Day Chicken Tenders Carrots Choice of Roll Cinnamon Applesauce 2% Milk Coffee/Tea	Soup of the Day Deluxe Hamburger Lettuce / Tomato / Onion French Fries Mixed Fruit Ketchup 2% Milk Coffee/Tea	Soup of the Day Sloppy Joe French Fries Chilled Peaches 2% Milk Coffee/Tea	Soup of the Day Saltines Ham and Cheese Sandwich Potato Chips Red Grapes Ketchup / Mustard / Mayonnaise 2% Milk Coffee/Tea	Goulash Italian Blend Mixed Vegetables Wheat Bread Diced Pears Margarine 2% Milk Coffee/Tea	Soup of the Day Pulled Pork Sandwich Corn Creamy Cole Slaw Mandarin Oranges 2% Milk Coffee/Tea	Soup of the Day Saltines Macaroni & Cheese Green Beans Fruit Medley Margarine 2% Milk Coffee/Tea