

GENACROSS WOLF CREEK

Wolf Creek F/W Midwest 2022-2023

Regular/NAS/Consistent CHO Week 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sep-18, Oct-16, Nov-13, Dec-11, Jan-08, Feb-05	Sep-19, Oct-17, Nov-14, Dec-12, Jan-09, Feb-06	Sep-20, Oct-18, Nov-15, Dec-13, Jan-10, Feb-07	Sep-21, Oct-19, Nov-16, Dec-14, Jan-11, Feb-08	Sep-22, Oct-20, Nov-17, Dec-15, Jan-12, Feb-09	Sep-23, Oct-21, Nov-18, Dec-16, Jan-13, Feb-10	Sep-24, Oct-22, Nov-19, Dec-17, Jan-14, Feb-11
Breakfast						
Choice of Cereal Buttered Waffles Sausage Patty Maple Syrup 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
Lunch						
Oven Fried Garden Chicken Winter Squash Green Peas Choice of Roll Butterscotch Brownie Parfait 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
Dinner						
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 Cheese Enchiladas 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

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Regular/NAS/Consistent CHO Week 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sep-25, Oct-23, Nov-20, Dec-18, Jan-15, Feb-12	Sep-26, Oct-24, Nov-21, Dec-19, Jan-16, Feb-13	Sep-27, Oct-25, Nov-22, Dec-20, Jan-17, Feb-14	Sep-28, Oct-26, Nov-23, Dec-21, Jan-18, Feb-15	Sep-29, Oct-27, Nov-24, Dec-22, Jan-19, Feb-16	Sep-30, Oct-28, Nov-25, Dec-23, Jan-20, Feb-17	Oct-01, Oct-29, Nov-26, Dec-24, Jan-21, Feb-18
Breakfast						
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
Lunch						
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 Beans Choice of Roll Pumpkin 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
Dinner						
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

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Regular/NAS/Consistent CHO Week 3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Oct-02, Oct-30, Nov-27, Dec-25, Jan-22, Feb-19	Oct-03, Oct-31, Nov-28, Dec-26, Jan-23, Feb-20	Oct-04, Nov-01, Nov-29, Dec-27, Jan-24, Feb-21	Oct-05, Nov-02, Nov-30, Dec-28, Jan-25, Feb-22	Oct-06, Nov-03, Dec-01, Dec-29, Jan-26, Feb-23	Oct-07, Nov-04, Dec-02, Dec-30, Jan-27, Feb-24	Oct-08, Nov-05, Dec-03, Dec-31, Jan-28, Feb-25
Breakfast						
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
Lunch						
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
Dinner						
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

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Regular/NAS/Consistent CHO Week 4

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Oct-09, Nov-06, Dec-04, Jan-01, Jan-29, Feb-26	Oct-10, Nov-07, Dec-05, Jan-02, Jan-30, Feb-27	Oct-11, Nov-08, Dec-06, Jan-03, Jan-31, Feb-28	Oct-12, Nov-09, Dec-07, Jan-04, Feb-01, Mar-01	Oct-13, Nov-10, Dec-08, Jan-05, Feb-02, Mar-02	Oct-14, Nov-11, Dec-09, Jan-06, Feb-03, Mar-03	Oct-15, Nov-12, Dec-10, Jan-07, Feb-04, Mar-04
Breakfast						
Choice of Cereal Buttered Waffles Sausage Patty Maple Syrup 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 Egg Patty Sausage Links White Toast /Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea	Choice of Cereal Eggs of Choice 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 Eggs of Choice Bacon Wheat Toast Jelly Margarine Juice of Choice 2% Milk Coffee/Tea
Lunch						
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 Turtle Squares Margarine Coffee/Tea
Dinner						
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	Cream of Broccoli Soup 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	Chicken Noodle Soup Pulled Pork Sandwich Corn Creamy Cole Slaw Mandarin Oranges 2% Milk Coffee/Tea	Italian Veg & Bean Soup Saltines Macaroni & Cheese Green Beans Fruit Medley Margarine 2% Milk Coffee/Tea