



**Wellington-Napoleon R-IX School**  
**October 2023**  
**Breakfast & Lunch Menus**



| Monday                                                                                                                                                                      | Tuesday                                                                                                                                                                                     | Wednesday                                                                                                                                                                                    | Thursday                                                                                                                                                          | Friday                                                                                                                                                |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>*This Institution is an equal opportunity provider.*</b>                                                                                                                 |                                                                                                                                                                                             | <b>*This menu is subject to change on a daily basis!*</b>                                                                                                                                    |                                                                                                                                                                   |                                                                                                                                                       |
| 2                                                                                                                                                                           | 3                                                                                                                                                                                           | 4                                                                                                                                                                                            | 5                                                                                                                                                                 | 6                                                                                                                                                     |
| <i>French Toast Stick, Milk, &amp; Juice</i><br><i>Corn Dog</i><br><i>Broccoli</i><br><i>Graham Crackers</i><br><i>Fruit</i><br><i>1% white milk or fat free choc. milk</i> | <i>Egg &amp; Cheese Biscuit, Milk, &amp; Juice</i><br><i>Chicken Quesadilla</i><br><i>Rice</i><br><i>Fruit</i><br><i>1% white milk or fat free choc. milk</i>                               | <i>Scrambled Eggs, Milk, &amp; Juice</i><br><i>Deli Sandwich</i><br><i>Carrots with Ranch</i><br><i>Fruit</i><br><i>1% white milk or fat free choc. milk</i>                                 | <i>Breakfast Burrito, Milk, &amp; Juice</i><br><i>BBQ Pork Sandwich</i><br><i>Tator Tots</i><br><i>Fruit</i><br><i>1% white milk or fat free choc. milk</i>       | <i>Biscuits &amp; Gravy, Milk, &amp; Juice</i><br><i>Hot Dog</i><br><i>Green Beans</i><br><i>Fruit</i><br><i>1% white milk or fat free choc. milk</i> |
| 9                                                                                                                                                                           | 10                                                                                                                                                                                          | 11                                                                                                                                                                                           | 12                                                                                                                                                                | 13                                                                                                                                                    |
| <i>Breakfast Pizza, Milk, &amp; Juice</i><br><i>Burrito</i><br><i>Refried Beans with Chips</i><br><i>Fruit</i><br><i>1% white milk or fat free choc. milk</i>               | <i>French Toast, Milk, &amp; Juice</i><br><i>Grilled Cheese</i><br><i>Green Beans</i><br><i>Fruit</i><br><i>1% white milk or fat free choc. milk</i>                                        | <i>Sausage Egg Biscuit, Milk, &amp; Juice</i><br><i>Chicken Taco</i><br><i>Rice</i><br><i>Cookie</i><br><i>Fruit</i><br><i>1% white milk or fat free choc. milk</i>                          | <i>Pancake on a Stick, Milk, &amp; Juice</i><br><i>McRib</i><br><i>Broccoli</i><br><i>Fruit</i><br><i>1% white milk or fat free choc. milk</i>                    | <i>Biscuits &amp; Gravy, Milk, &amp; Juice</i><br><i>Chili</i><br><i>Corn Bread</i><br><i>Fruit</i><br><i>1% white milk or fat free choc. milk</i>    |
| 16                                                                                                                                                                          | 17                                                                                                                                                                                          | 18                                                                                                                                                                                           | 19                                                                                                                                                                | 20                                                                                                                                                    |
| <i>French Toast, Milk, &amp; Juice</i><br><i>Sloppy Joe</i><br><i>French Fries</i><br><i>Fruit</i><br><i>1% white milk or fat free choc. milk</i>                           | <i>Breakfast Pizza, Milk, &amp; Juice</i><br><i>Chicken Sandwich</i><br><i>Broccoli</i><br><i>Fruit</i><br><i>1% white milk or fat free choc. milk</i>                                      | <i>Burrito, Milk, &amp; Juice</i><br><i>Pepperoni Pizza</i><br><i>Carrots</i><br><i>Fruit</i><br><i>1% white milk or fat free choc. milk</i><br><b>Early Dismissal(Noon)</b>                 | <b>Parent Teacher<br/>           Conferences<br/>           No School</b>                                                                                         | <b>No School</b>                                                                                                                                      |
| 23                                                                                                                                                                          | 24                                                                                                                                                                                          | 25                                                                                                                                                                                           | 26                                                                                                                                                                | 27                                                                                                                                                    |
| <i>Pancake on a Stick, Milk, Juice</i><br><i>Chicken Nuggets</i><br><i>Broccoli</i><br><i>Graham Cracker</i><br><i>Fruit</i><br><i>1% white milk or fat free choc. milk</i> | <i>French Toast, Milk, &amp; Juice</i><br><i>Cheeseburger</i><br><i>Tator Tots</i><br><i>Fruit</i><br><i>1% white milk or fat free choc. milk</i>                                           | <i>Egg &amp; Cheese Biscuit , Milk, &amp; Juice</i><br><i>Chicken Fajita</i><br><i>Refried Beans</i><br><i>Tortilla Chips</i><br><i>Fruit</i><br><i>1% white milk or fat free choc. milk</i> | <i>Waffles, Milk, &amp; Juice</i><br><i>Spaghetti</i><br><i>Garden Salad</i><br><i>Bread Stick</i><br><i>Fruit</i><br><i>1% white milk or fat free choc. milk</i> | <i>Biscuits &amp; Gravy, Milk, &amp; Juice</i><br><i>Chicken Nachos</i><br><i>Corn</i><br><i>Fruit</i><br><i>1% white milk or fat free choc. milk</i> |
| 30                                                                                                                                                                          | 31                                                                                                                                                                                          |                                                                                                                                                                                              |                                                                                                                                                                   |                                                                                                                                                       |
| <i>Burrito, Milk, &amp; Juice</i><br><i>Beef Taco</i><br><i>Black Beans</i><br><i>Fruit</i><br><i>1% white milk or fat free choc. milk</i>                                  | <i>Egg &amp; Sausage Biscuit, Milk, &amp; Juice</i><br><i>Chicken &amp; Noodles</i><br><i>Mashed Potatoes</i><br><i>Roll</i><br><i>Fruit</i><br><i>1% white milk or fat free choc. milk</i> |                                                                                                                                                                                              |                                                                                                                                                                   |                                                                                                                                                       |