



**Wellington-Napoleon R-IX School**  
**October 2022**  
**Breakfast & Lunch Menus**



Monday	Tuesday	Wednesday	Thursday	Friday
<b>*This Institution is an equal opportunity provider*</b>				
3	4	5	6	7
<i>Sausage Egg Biscuit, Milk, &amp; Juice</i> <i>Hot Dog</i> <i>Baked Beans</i> <i>Baby Carrots w/Ranch</i> <i>Fruit</i> <i>1% white milk or fat free choc. milk</i>	<i>Breakfast Pizza, Milk, &amp; Juice</i> <i>Chicken Alfredo</i> <i>Broccoli</i> <i>Bread Stick</i> <i>Fruit</i> <i>1% white milk or fat free choc. milk</i>	<i>Colby Omelet, Milk, &amp; Juice</i> <i>Chicken Patty</i> <i>Mashed Potatoes</i> <i>Roll</i> <i>Fruit</i> <i>1% white milk or fat free choc. milk</i>	<i>Pancakes, Milk, &amp; Juice</i> <i>Cheeseburger</i> <i>Green Beans</i> <i>Fruit</i> <i>1% white milk or fat free choc. milk</i>	<i>Biscuits &amp; Gravy, Milk, &amp; Juice</i> <i>Beef &amp; Bean Burrito</i> <i>Chips &amp; Salsa</i> <i>Salad</i> <i>Fruit</i> <i>1% white milk or fat free choc. milk</i>
10	11	12	13	14
<i>Breakfast on a Stick, Milk, Juice</i> <i>General's Chicken</i> <i>Rice</i> <i>Carrots w/Ranch</i> <i>Fruit</i> <i>1% white milk or fat free choc. milk</i>	<i>Scrambled Eggs, Milk, &amp; Juice</i> <i>Cheeseburger Mac</i> <i>Steamed Broccoli</i> <i>Graham Crackers</i> <i>Fruit</i> <i>1% white milk or fat free choc. milk</i>	<i>Cinnamon Roll, Milk &amp; Juice</i> <i>Meatball Sub</i> <i>Tator Tots</i> <i>Fruit</i> <i>1% white milk or fat free choc. milk</i>	<i>Sausage Tornado, Milk, &amp; Juice</i> <i>Beef Nachos</i> <i>Black Beans</i> <i>Fruit</i> <i>1% white milk or fat free choc. milk</i>	<i>Biscuits &amp; Gravy, Milk, &amp; Juice</i> <i>Cheeseburger</i> <i>Green Beans</i> <i>Salad</i> <i>Fruit</i> <i>1% white milk or fat free choc. milk</i>
17	18	19	20	21
<i>Burrito, Milk, &amp; Juice</i> <i>Pepperoni Pizza</i> <i>Garden Salad</i> <i>Corn</i> <i>Fruit</i> <i>1% white milk or fat free choc. milk</i>	<i>Breakfast Pizza, Milk, &amp; Juice</i> <i>Crispito</i> <i>Refried Beans</i> <i>Chips &amp; Salsa</i> <i>Fruit</i> <i>1% white milk or fat free choc. milk</i>	<i>Biscuits &amp; Gravy, Milk, &amp; Juice</i> <i>Spaghetti</i> <i>Bread Stick</i> <i>Green Beans</i> <i>Fruit</i> <i>1% white milk or fat free choc. milk</i> <b>Early Dismissal(Noon)</b>	<b>Parent Teacher</b> <b>Conferences</b> <b>No School</b>	<b>No School</b>
24	25	26	27	28
<i>Egg &amp; Cheese Biscuit, Milk, Juice</i> <i>Pulled Pork Sandwich</i> <i>Tator Tots</i> <i>Green Beans</i> <i>Fruit</i> <i>1% white milk or fat free choc. milk</i>	<i>Pancakes, Milk, &amp; Juice</i> <i>Chicken Nachos</i> <i>Black Beans</i> <i>Fruit</i> <i>1% white milk or fat free choc. milk</i>	<i>Breakfast Pizza, Milk, &amp; Juice</i> <i>Breaded Beef Fingers</i> <i>Mashed Potatoes</i> <i>Roll</i> <i>Fruit</i> <i>1% white milk or fat free choc. milk</i>	<i>Blueberry Muffin, Milk, &amp; Juice</i> <i>Chicken Nuggets</i> <i>Carrots w/Ranch</i> <i>Cookie</i> <i>Fruit</i> <i>1% white milk or fat free choc. milk</i>	<i>Biscuits &amp; Gravy, Milk, &amp; Juice</i> <i>Chicken &amp; Rice</i> <i>Broccoli</i> <i>Roll</i> <i>Fruit</i> <i>1% white milk or fat free choc. milk</i>
31				
<i>Yogurt w/Granola, Milk, &amp; Juice</i> <i>Chicken Sandwich</i> <i>Baked Beans</i> <i>Fruit</i> <i>1% white milk or fat free choc. milk</i>				