

Wilkes Elementary

this institution is an equal opportunity provider



2019



Tuesday, Oct 1st

- 1) Grilled Cheese Sandwich with Tomato Soup Orange Wedges Tortilla Chips

Yogurt, Hummus or Jelly Sandwich Lunch

Wednesday, Oct 2nd

- Taste of Washington Day
- 1) Hot Dog
- 3 Sister's Natural Beef Fresh Melon Roasted Red Potatoes

Yogurt, Hummus or Jelly Sandwich Lunch

Thursday, Oct 3rd

- 1) Nachos Bar
- 2) Taco Salad
- Beans, Cheese, Meat Tortilla Chips, Salsa Red Grapes, Corn

Yogurt, Hummus or Jelly Sandwich Lunch

Friday, Oct 4th

- 1) Pepperoni Pizza or
- 2) Cheese Pizza
- Banana Caesar Salad

Yogurt, Hummus or Jelly Sandwich Lunch

Monday, Oct 7th
Early Release Day

- 1) Chicken Tenders
- 2) Vegan Nuggets

Orange Wedges

Yogurt, Hummus or Jelly Sandwich Lunch

Tuesday, Oct 8th

- 1) Crispy Baked Chicken Drumstick or
- 2) Cheese Quesadilla
- Cantaloupe, Rice, Kiwi

Yogurt, Hummus or Jelly Sandwich Lunch

Wednesday, Oct 9th

- 1) Hamburger/ Cheeseburger or
- 2) Black Bean Burger
- Roasted Red Potatoes

Yogurt, Hummus or Jelly Sandwich Lunch

Thursday, Oct 10th

Brunch 4 Lunch

- 1) French Toast, Eggs and Bacon!
- Banana Edamame

Yogurt, Hummus or Jelly Sandwich Lunch

Friday, Oct 11th

Jog - a - thon!

- Corn Dog Sack Lunch
- Apple - Baby Carrots Orange Juice White Milk - Cookie

Monday, Oct 14th
Early Release Day

- 1) Chicken Burger or
- 2) Vegan Burger
- Fresh Melon, Corn Roasted Red Potatoes

Yogurt, Hummus or Jelly Sandwich Lunch

Tuesday, Oct 15th

- 1) Pepperoni Pizza or
- 2) Cheese Pizza
- Sugar Snap Peas Oranges, Caesar Salad

Yogurt, Hummus or Jelly Sandwich Lunch

Wednesday, Oct 16th

- 1) Nachos Bar
- 2) Taco Salad
- Beans, Cheese, Meat Tortilla Chips, Salsa Red Grapes

Yogurt, Hummus or Jelly Sandwich Lunch

Thursday, Oct 17th

K-6 Conferences Today

No School

Friday, Oct 18th

K-6 Conferences Today

No School

Monday, Oct 21st
Early Release Day

- 1) Chicken Tenders
- 2) Vegan Nuggets
- Roasted Potatoes Green Peas, Oranges

Yogurt, Hummus or Jelly Sandwich Lunch

Tuesday, Oct 22nd

- 1)Homemade Cheesy Lasagna
- Marinara or Meatsauce Caesar Salad, Corn Garlic Toast

Yogurt, Hummus or Jelly Sandwich Lunch

Wednesday, Oct 23rd

- 1) Teriyaki Beef Nuggets or
- 2) Teriyaki Tofu
- Sushi Style Rice Sugar Snap Peas

Yogurt, Hummus or Jelly Sandwich Lunch

Thursday, Oct 24th



- 1) Pepperoni 2) Cheese

Yogurt, Hummus or Jelly Sandwich Lunch

Friday, Oct 25th

Brunch 4 Lunch

- 1) Waffles and Sausage!
- Banana Edamame

Yogurt, Hummus or Jelly Sandwich Lunch

Monday, Oct 28th
Early Release Day

- 1) Corn Dog or
- 2) Bean&Cheese Burrito
- Peaches

Yogurt, Hummus or Jelly Sandwich Lunch

Tuesday, Oct 29th

- 1) Hamburger/ Cheeseburger or
- 2) Vegan Burger
- Roasted Red Potatoes Orange Wedges

Yogurt, Hummus or Jelly Sandwich Lunch

Wednesday, Oct 30th

- 1) Shirley's Macaroni and Cheese and Baked Chicken
- Roasted Balsamic Veggies
- Yogurt, Hummus or Jelly Sandwich Lunch

Ice Cream with any Lunch today!

Thursday, Oct 31st

- 1) Popcorn Chicken w/Orange Glaze or
- 2) Baked Tofu
- W/ Orange Teriyaki Glaze Brown Rice, Carrots

Yogurt, Hummus or Jelly Sandwich Lunch

Friday, Nov 1st

- 1) Pepperoni Pizza or
- 2) Cheese Pizza
- Banana, Corn Caesar Salad

Yogurt, Hummus or Jelly Sandwich Lunch