

COLD LUNCH

OCTOBER 2026

Monday Fruit: Apple	Tuesday Fruit: Clementine	Wednesday Fruit: Orange	Thursday Fruit: Apple	Friday Fruit: Banana
SEP 28 Fiesta Salad: Boiled Eggs, Black Beans, Tomato, Carrots, Bell Peppers, Lettuce, W.W. Dinner Roll, & 1000 Island Dressing <u>Contains egg, milk, wheat</u>	SEP 29 Brazilian Chicken Salad, Sandwich, Corn, Lettuce, W/ Carrots & Grapes (Mayo + Ranch Dressing) <u>Contains soy, eggs, milk, wheat</u>	SEP 30 Jerk Chicken & Cheese on a W.W. Sandwich, Cabbage Slaw <u>Contains eggs, wheat</u>	OCT 1 Turkey Salad, Turkey Cubes, Cheddar Cheese, Corn, Cherry Tomato, Lettuce, WW Dinner Roll & 1000 Island Dressing <u>Contains egg, milk, soy, wheat</u>	OCT 2 Chicken Chipotle Wrap: Chicken, Lettuce, Baby Carrots, W.W. Tortilla, & Ranch Dressing <u>Contains wheat, soy</u>
5 DELI Turkey Sandwich, W.W. Bread, American Cheese, Baby Carrots, Ranch Dressing <u>Contains dairy, soy, egg, wheat</u>	6 Buffalo Grilled Chicken Salad, Carrots, Lettuce, Tomato, Celery Stick, Pumpkin Seeds, WW Roll, Ranch Dressing <u>Contain wheat</u>	7 Farm Salad: Boiled Eggs, Lettuce, Tomato, Celery, Carrots, W.W. Dinner Roll, Italian Dressing <u>Contains eggs and wheat</u>	8 Grilled Chicken Wrap: Chicken, Lettuce, W.W. Tortilla, Baby Carrot, & Ranch Dressing <u>Contains soy, wheat</u>	9 Chicken Chipotle Sandwich: WG Bread, Chipotle Mayo, Avocado, Mexican Salad Contains: Mayo <u>Contains soy, eggs, wheat</u>
12 Farm Salad: Boiled Eggs, Lettuce, Tomato, Cheddar Cheese, Croutons & Italian Dressing <u>Contains dairy, wheat</u>	13 DELI Turkey Sandwich, W.W. Bread, American Cheese, Garden Salad, Ranch Dressing, Contains: Mayo <u>Contains egg, soy, wheat, dairy</u>	14 Chicken Caesar Salad: Grilled Chicken, Lettuce, Cherry Tomatoes, Crouton & Caesar Dressing <u>Contains eggs, milk, wheat</u>	15 Lunch Box Salad 2: WW Dinner Roll, Cheese, Turkey, Carrot, Cucumber, Pineapple (Ranch Dressing) <u>Contains egg, wheat, milk</u>	16 Chicken Buffalo Wrap WW Bread, Garden Salad, Ranch Dressing <u>Contains wheat, egg, milk</u>
19 Fiesta Salad: Boiled Eggs, Black Beans, Tomato, Carrots, Bell Peppers, Lettuce, W.W. Dinner Roll, & 1000 Island Dressing <u>Contains egg, milk, wheat</u>	20 Brazilian Chicken Salad, Sandwich, Corn, Lettuce, W/ Carrots & Grapes (Mayo + Ranch Dressing) <u>Contains soy, eggs, milk, wheat</u>	21 Chicken Gyro on a W.W. Sandwich, Cherry tomato, cucumber <u>Contains eggs, wheat</u>	22 Turkey Salad, Turkey Cubes, Cheddar Cheese, Corn, Cherry Tomato, Lettuce, WW Dinner Roll & 1000 Island Dressing <u>Contains egg, milk, soy, wheat</u>	23 Chicken Chipotle Wrap: Chicken, Lettuce, Baby Carrots, W.W. Tortilla, & Ranch Dressing <u>Contains wheat, soy</u>
26 Cobb Salad, Lettuce, Black Beans, Cucumber, Corn, Tomato, WW Dinner Roll, Italian Dressing <u>Contains egg, wheat</u>	27 Smoke-Grilled BBQ Chicken Sandwich: W.W. Bun, Cheese, Baby Carrots, Grapes, Ranch Dressing <u>Contains soy, wheat</u>	28 Sunflower Butter & Jelly Sandwich, W.W. Bread, Chickpea Salad, Ranch Dressing <u>Contains wheat</u>	29 Chicken Caesar Salad: Grilled Chicken, Lettuce, Cherry Tomatoes, Crouton & Caesar Dressing <u>Contains wheat</u>	30 Korean Chicken Sandwich Baked Crisp Chicken, Lettuce, Cucumber, Red Onions, WG Bread, Korean Salad, (Mayo) <u>Contains egg, milk, soy, wheat</u>

Every Meal Includes an 8 Ounce 1% Milk Carton or an 8 Ounce Chocolate Milk Carton