

## WHEELING MIDDLE SUPPER MENUS SEPTEMBER 2017

Students are to select which items they want for the supper meal and **MUST** take a fruit or vegetable serving as one of the 3 items they choose.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SEPTEMBER 4th</b>  <b>SCHOOL CLOSED LABOR DAY</b>	<b>SEPTEMBER 5th</b> Turkey & Cheese WW Wrap OR Soynut Butter & Jelly Sandwich String Cheese Carrots/Ranch Applesauce Cup Baked Doritos Milk and/or Juice	<b>SEPTEMBER 6th</b> Salami & Cheese on WW Bun OR Soynut Butter & Jelly Sandwich Yogurt Carrots/Ranch Pear Cup Sun Chips Milk and/or Juice	<b>SEPTEMBER 7th</b> Ham & Cheese on WW Bun OR Soynut Butter & Jelly Sandwich String Cheese Carrots/Ranch Peach Cup Chocolate Oat Bar Milk and/or Juice	<b>SEPTEMBER 8th</b> Turkey & Cheese on WW Bun OR Soynut Butter & Jelly Sandwich Yogurt Carrots/Ranch Applesauce Cup Sun Chips Milk and/or Juice
<b>SEPTEMBER 11th</b> Ham & Cheese on WW Bun OR Soynut Butter & Jelly Sandwich Yogurt Carrots/Ranch Mixed Fruit Cup Chex Mix Milk and/or Juice	<b>SEPTEMBER 12th</b> Turkey & Cheese WW Wrap OR Soynut Butter & Jelly Sandwich String Cheese Carrots/Ranch Applesauce Cup Baked Doritos Milk and/or Juice	<b>SEPTEMBER 13th</b> Salami & Cheese on WW Bun OR Soynut Butter & Jelly Sandwich Yogurt Carrots/Ranch Pear Cup Sun Chips Milk and/or Juice	<b>SEPTEMBER 14th</b> Ham & Cheese on WW Bun OR Soynut Butter & Jelly Sandwich String Cheese Carrots/Ranch Peach Cup Chocolate Oat Bar Milk and/or Juice	<b>SEPTEMBER 15th</b> Turkey & Cheese on WW Bun OR Soynut Butter & Jelly Sandwich Yogurt Carrots/Ranch Applesauce Cup Sun Chips Milk and/or Juice
<b>SEPTEMBER 18th</b> Ham & Cheese on WW Bun OR Soynut Butter & Jelly Sandwich Yogurt Carrots/Ranch Mixed Fruit Cup Chex Mix Milk and/or Juice	<b>SEPTEMBER 19th</b> Turkey & Cheese WW Wrap OR Soynut Butter & Jelly Sandwich String Cheese Carrots/Ranch Applesauce Cup Baked Doritos Milk and/or Juice	<b>SEPTEMBER 20th</b> Salami & Cheese on WW Bun OR Soynut Butter & Jelly Sandwich Yogurt Carrots/Ranch Pear Cup Sun Chips Milk and/or Juice	<b>SEPTEMBER 21st</b> Ham & Cheese on WW Bun OR Soynut Butter & Jelly Sandwich String Cheese Carrots/Ranch Peach Cup Chocolate Oat Bar Milk and/or Juice	<b>SEPTEMBER 22nd</b> Turkey & Cheese on WW Bun OR Soynut Butter & Jelly Sandwich Yogurt Carrots/Ranch Applesauce Cup Sun Chips Milk and/or Juice
<b>SEPTEMBER 25th</b> Ham & Cheese on WW Bun OR Soynut Butter & Jelly Sandwich Yogurt Carrots/Ranch Mixed Fruit Cup Chex Mix Milk and/or Juice	<b>SEPTEMBER 26th</b> Turkey & Cheese WW Wrap OR Soynut Butter & Jelly Sandwich String Cheese Carrots/Ranch Applesauce Cup Baked Doritos Milk and/or Juice	<b>SEPTEMBER 27th</b> Salami & Cheese on WW Bun OR Soynut Butter & Jelly Sandwich Yogurt Carrots/Ranch Pear Cup Sun Chips Milk and/or Juice	<b>SEPTEMBER 28th</b> Ham & Cheese on WW Bun OR Soynut Butter & Jelly Sandwich String Cheese Carrots/Ranch Peach Cup Chocolate Oat Bar Milk and/or Juice	<b>SEPTEMBER 29th</b> Turkey & Cheese on WW Bun OR Soynut Butter & Jelly Sandwich Yogurt Carrots/Ranch Applesauce Cup Sun Chips Milk and/or Juice

This institution is an equal opportunity provider. Water and fresh fruit available daily. Menus are subject to change.