




Winkelman School

October 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3 Grilled Chicken Breast Grilled Cheese Sandwich All Beef Hot Dog Rice Pilaf	4 Beef Tacos Black Bean Tacos All Beef Hot Dog Seasoned Black Beans	5 	6 Chicken Tenders Veggie Burger All Beef Hot Dog Baked Potato Wedges	7 Pepperoni Pizza 🍕 Cheese Pizza Roasted Carrots
10 Waffles Chicken Sausage Patty Vegetarian Breakfast Sausage Patty Sunbutter & Jelly Sandwich Triangle Hash Brown	11 Cheesy Beef Nachos Cheese Nachos 🍌 Sunbutter & Jelly Sandwich Black Beans	12 Cheese Ravioli & Meat Sauce Cheese Ravioli Marinara Sunbutter & Jelly Sandwich Steamed Broccoli	13 Cheeseburger Veggie Burger Sunbutter & Jelly Sandwich Baked French Fries	14 Pepperoni Pizza 🍕 Cheese Pizza Seasoned Green Beans
17 Penne Marinara & Meatballs Penne Marinara Hamburger Garlic Breadsticks	18 Walking Beef Tacos Cheese Nachos 🍌 Hamburger Seasoned Black Beans	19 Chicken Tenders Cheese Quesadilla Hamburger Seasoned Corn	20 Chicken Corn Dog Veggie Burger Hamburger Chicken Noodle Soup	21 
24 	25 Bosco Sticks All Beef Hot Dog Grilled Cheese Sandwich Steamed Peas & Carrots	26 Cheesy Meatball Sandwich Veggie Burger Grilled Cheese Sandwich Glazed Carrots	27 Homemade Pancakes Turkey Sausage Links Vegetarian Breakfast Sausage Patty Grilled Cheese Sandwich Hash Brown Cubes	28 Pepperoni Flatbread 🍕 Cheese Flatbread Chocolate Chip Cookies
31 Macaroni & Cheese Fried Chicken Sandwich Roasted Broccoli Whole Grain Chocolate Chip Cookies				

A Meal consists of Entree, Side Item, Fruit and Vegetable Bar and Milk

Questions or comments, please reach out to
Ashley Jenkins ajenkins@questfms.com

To add money to your student's account, please go
to www.mymealtime.com