

MS/HS Lunch Menu



			AND CASHER	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31	1	2	3	4
	French Toast Sticks Sausage Patty Spicy Chicken Sandwich Warm Cinnamon Apple Slices Cherry Tomato Baby Carrots Mixed Fruit Choice of Milk	Build your own Ramen Bowl Steamed Carrots Roasted Beef Hot Dog on a Bun Build Your Own Sub Cauliflower Floret Pineapple Tidbits Fresh Grapes Choice of Milk	Pasta w/ Hearty Meat Sauce Garlic Toast Homemade Pepperoni Pizza Build Your Own Sub Roasted Broccoli Celery Sticks Applesauce Fresh Grapes Choice of Milk	Hard Shell Beef Tacos Churro All American Hamburger on a Bun Build Your Own Sub Refried Beans Lettuce, Tomato and Cheese Diced Pears Fresh Grapes Choice of Milk
7	8 HOM - Fennel	9	10	11
Crispy Chicken Nuggets Whole Grain Dinner Roll Classic Cheeseburger Build Your Own Sub French Fries Baby Carrots Diced Peaches Fresh Banana Choice of Milk	Italian Beef Lasagna Garlic Toast Roasted Beef Hot Dog on a Bun Build Your Own Sub Roasted Broccoli Red/Orange Vegetable Mixed Fruit Fresh Banana Choice of Milk	Fluffy Pancakes Sausage Patty Crispy Chicken Sandwich Build Your Own Sub Green/ Yellow Bell Pepper Strips Cherry Tomato Pineapple Tidbits Fresh Banana Choice of Milk	Wing Bar Hot Sauce Homemade Cheese Pizza Build Your Own Sub Celery Sticks Baby Carrots Applesauce Fresh Banana Choice of Milk	Grilled Cheese Sandwich Tomato Soup Spicy Chicken Sandwich Build Your Own Sub Cherry Tomato Cucumber Slices Sliced Pears Banana Choice of Milk
14	15	16	17 United Tastes of America	18
Pizza Slider Side Caesar Salad All American Hamburger on a Bun Build Your Own Sub Baby Carrots Cucumber Slices Diced Peaches Fresh Pear Choice of Milk	Chicken Parmesan Sandwich Garlic Rosemary Potatoes Corn Dog Build Your Own Sub Roasted Broccoli Cauliflower Floret Mixed Fruit Fresh Pear Choice of Milk	Turkey & Noodles Whole Grain Dinner Roll Crispy Chicken Sandwich Build Your Own Sub Mashed Potatoes Green Beans Cauliflower Floret Diced Pears Fresh Pear Choice of Milk	Baked Ham Whole Grain Dinner Roll Homemade Cheese Pizza Build Your Own Sub Scalloped Potatoes Steamed Green Beans Baby Carrots Pineapple Tidbits Fresh Pear Choice of Milk	NO SCHOOL
21	22	23	24	25
Chicken Taquito Spanish Rice Classic Cheeseburger Build Your Own Sub Baby Carrots Green/Yellow Bell Pepper Strips Diced Peaches Fresh Grapes Choice of Milk	Turkey Piegga LTO Potato Wedges BBQ Rib Sandwich Build Your Own Sub Roasted Broccoli Baby Carrots Mixed Fruit Fresh Grapes Choice of Milk	Tater Tot Casserole Whole Grain Dinner Roll Bosco stick with Marinara Build Your Own Sub Roasted Broccoli Baby Carrots Pineapple Tidbits Fresh Grapes Choice of Milk	Creamy Chicken Enchilada Mexican Street Corn Homemade Pepperoni Pizza Build Your Own Sub Steamed Green Beans Red/Orange Vegetable Applesauce Fresh Grapes Choice of Milk	Hand Breaded Pork Tenderloin Creamy Potato Salad Spicy Chicken Sandwich Build Your Own Sub Glazed Carrots Baby Carrots Diced Pears Fresh Grapes Choice of Milk
28	29	30	1	
Creamy Macaroni & Cheese Whole Grain Dinner Roll All American Hamburger on a Bun Build Your Own Sub Chef Salad Roasted Broccoli Carrot Sticks Diced Peaches Fresh Banana	Carnita Nachos Spanish Rice Crispy Chicken Sandwich Build Your Own Sub Pico de Gallo Salsa Cucumber Slices Mixed Fruit Fresh Banana Choice of Milk	Popcorn Chicken Bowl Whole Grain Dinner Roll Roasted Beef Hot Dog on a Bun Mashed Potatoes Gravy Cucumber Slices Pineapple Tidbits Fresh Banana Choice of Milk		
			CENTA CONTRACTOR	Menus and nutrition

K-5 Lunch \$3.25 6-12 Lunch \$3.40 reduced \$.40 Adult \$4.84 Extra Milk \$.50

PRICES

Questions or Concerns please email theresaeven@wghawks.school





