



# May 2023

### High School/Middle School | Lunch Menu

#### **Available Daily:**

- fresh veggies Yogurt Parfait w/ granola
- & Cheese Sandwich/Wrap
- Bagel w/2 String Cheese served with a WG dinner
- Cheese(V) or Specialty
- Hamburger or

**Student Lunch Price:** \$3.15

> Adult Lunch \$5.50

## Powering potential.

MON	TUES	WED	THURS	FRI
WG Buffalo or Plain Chicken Tenders w/ Dinner Roll Sweet Corn Red Pepper Slices Fresh Banana	Bacon Cheeseburger(P) or Veggie Patty(V) on WG Bun Vegetarian Beans Mandarin Oranges	WG Dutch Waffle served w/ Egg Patties Hash Brown Patties Apple Slices	Homemade Mac & Cheese Served w/ a WG Dinner Roll Steamed Green Beans Fresh Watermelon	WG Breaded Pizza Crunchers Spinach Salad Fresh Pear
Spicy or Plain Chicken Sandwich on WG Bun Roasted Broccoli Celery Sticks Fresh Apple	Beef Totcho Bowl 9 tater tots topped with beef taco meat, cheese, shredded lettuce, & salsa Black Beans Fresh Orange	WG French Toast Sticks 10 served w/ syrup Chicken Sausage Patties Steamed Green Beans Grape Tomatoes Apple Slices	Meatball Parm on WG Hero with melted mozzarella Roasted Zucchini Red Grapes	WG Mozzarella Sticks with Marinara Sauce Kale Salad Fresh Pear
Grilled Cheese Sweet Potato Fries 3 Bean Salad Fresh Banana	General Tso's Chicken with Brown Rice Roasted Broccoli Fresh Cantaloupe	WG Pancakes served served w/ syrup Egg Patties Smiler Fries Apple Slices	WG Penne Pasta with Beef Meat Sauce or Marinara(V) and WG Roll Steamed Green Beans Fresh Strawberries	WG Pizza Sticks with Marinara Sauce Romaine Salad Fresh Pear
Turkey Hot Dog Sweet Corn Grape Tomatoes Fresh Pear	Beef or Cheese(V) Quesadilla (beef & cheese or cheese only on WG tortilla) Kickin' Pinto Beans Fresh Orange	WG Waffles w/ syrup Chicken Sausage Pattie Steamed Green Beans Apple Slices	WG Breaded Pizza Crunchers Romaine Salad Fresh Strawberries	Schools Closed
Schools Closed	Chicken Fajitas served with peppers, onions, salsa & sour cream with WG tortilla Black Beans Mandarin Orange	WG French Toast Sticks <sup>31</sup> served w/ syrup Egg Patties Hash Brown Patties Baby Carrots Apple Slices		

#### Menus are subject to change.



Assorted Fruits/Vegetables: Apples, Oranges, Baby Carrots and Celery Sticks Assorted Drinks:100% Apple Juice,100% Tropical Punch, 1% White Milk, Fat-Free White Milk & Fat Free Choc Milk Items with a (P) contain pork Items with a (V) are vegetarian WG denotes Whole Grain rich products

All Lunches Must Include Either a Fresh Fruit, Vegetable or 100% Fruit Juice Choice



This institution is an equal opportunity provider