

Monday

Tuesday

Wednesday

Thursday

Friday

WG BEEF SOFT TACO **1**
 LETTUCE, TOMATO, CHEDDAR,
 SALSA & SOUR CREAM
 BROWN RICE
 BLACK BEANS
 BANANA
 SKIM/1% WHITE OR CHOCOLATE MILK

CHICKEN ALFREDO **2**
 ON WG SPAGHETTI
 BROCCOLI
 WG DINNER ROLL
 APPLE
 SKIM/1% WHITE OR CHOCOLATE MILK

SHEPHERD'S PIE **3**
 GREEN BEANS
 WG DINNER ROLL
 ORANGE
 SKIM/1% WHITE OR CHOCOLATE MILK

WG FISH STICKS **4**
 SWEET POTATO FRIES
 COLE SLAW
 DICED PEARS
 SKIM/1% WHITE OR CHOCOLATE MILK

CHICKEN NOODLE SOUP **7**
 WW GRILLED CHEESE
 CARROT STICKS
 WATERMELON
 SKIM/1% WHITE OR CHOCOLATE MILK

PULLED PORK NACHOS **8**
 ON WG TORTILLA CHIPS
 LETTUCE, TOMATO, CHEDDAR,
 SALSA & SOUR CREAM
 REFRIED BEANS
 BANANA
 SKIM/1% WHITE OR CHOCOLATE MILK

WG CHOP SUEY **9**
 GARDEN SALAD
 WG DINNER ROLL
 ORANGE
 SKIM/1% WHITE OR CHOCOLATE MILK

BBQ CHICKEN **10**
 AU GRATIN POTATO
 GREEN BEANS
 WG DINNER ROLL
 APPLE SAUCE
 SKIM/1% WHITE OR CHOCOLATE MILK

SWEDISH MEATBALLS **11**
 OVER EGG NOODLES
 BROCCOLI
 WG DINNER ROLL
 STRAWBERRY CUP
 SKIM/1% WHITE OR CHOCOLATE MILK

NO SCHOOL **14**

WG CHICKEN QUESADILLA **15**
 BROWN RICE
 SALSA & SOUR CREAM
 FIESTA CORN & BEANS
 BANANA
 SKIM/1% WHITE OR CHOCOLATE MILK

WG BAKED MACARONI & CHEESE **16**
 HAM STEAK
 CARROTS
 PEACH CUP
 SKIM/1% WHITE OR CHOCOLATE MILK

GENERAL TSO'S CHICKEN **17**
 WHITE RICE
 BROCCOLI
 WG DINNER ROLL
 DICED PEARS
 SKIM/1% WHITE OR CHOCOLATE MILK

CHIPOTLE CITRUS BBQ **18**
 PULLED PORK SANDWICH
 ON A WG BUN
 POTATO WEDGES
 COLE SLAW
 APPLE
 SKIM/1% WHITE OR CHOCOLATE MILK

CORN CHOWDER **21**
 WW GRILLED CHEESE
 CARROT STICKS
 APPLE
 SKIM/1% WHITE OR CHOCOLATE MILK

WG BEEF CRUNCHY TACO **22**
 LETTUCE, TOMATO, CHEDDAR,
 SOUR CREAM & SALSA
 BROWN RICE
 REFRIED BEANS
 BANANA
 SKIM/1% WHITE OR CHOCOLATE MILK

WG SPAGHETTI & MEAT SAUCE **23**
 CAESAR SALAD
 WG DINNER ROLL
 ORANGE
 SKIM/1% WHITE OR CHOCOLATE MILK

MEATLOAF **24**
 MASHED POTATO
 CORN
 WG DINNER ROLL
 STRAWBERRY CUP
 SKIM/1% WHITE OR CHOCOLATE MILK

WG FISH STICKS **25**
 RICE PILAF
 COLE SLAW
 APPLE
 SKIM/1% WHITE OR CHOCOLATE MILK

TERIYAKI CHICKEN STIR FRY **28**
 BROWN RICE
 BROCCOLI
 ORANGE
 SKIM/1% WHITE OR CHOCOLATE MILK

WG CHICKEN FAJITA **29**
 WITH ONIONS, PEPPERS,
 SALSA & SOUR CREAM
 SPANISH RICE
 ROASTED EDAMAME
 BANANA
 SKIM/1% WHITE OR CHOCOLATE MILK

HAMBURGER STROGANOFF **30**
 OVER EGG NOODLES
 GREEN BEANS
 WG DINNER ROLL
 APPLESAUCE
 SKIM/1% WHITE OR CHOCOLATE MILK

CHICKEN PARMESAN SUB **31**
 SWEET POTATO FRIES
 CARROTS
 DICED PEARS
 SKIM/1% WHITE OR CHOCOLATE MILK

[Enter Additional Info]