

High & Middle School Menu

Sept 20 - 24

Daily Breakfast Entrées Include:

Fruit Parfaits, WG Cereal, WG Donuts, or Daily Pastry.

Monday

Pancakes
w/ Fruit Topping
Sausage Patty
Pears
Fruit Juice

Tuesday

French Toast Bake
Cheese Stick
Applesauce
Raisins
Fruit Juice

Wednesday

Chicken Biscuit
Dried Fruit
Strawberries
Fruit Juice

Thursday

Fresh Baked Muffins
Cheese Stick
Apple Slices
Peaches
Fruit Juice

Friday

Breakfast Sandwiches
Mixed Fruit
Fruit Juice

How to Build a Breakfast Meal

- 1 - Entrée Choice
- 2 - Fruit (1 can be Fruit Juice)
- 1 - 8oz Low-Fat or Fat Free Milk



How to Build a Lunch Meal

- 1 - Entrée (bread & protein)
- 1 to 2 Fruit Choice
- 1 to 2 Vegetable Choice
- 1 - 8oz Low-Fat or Fat Free Milk

Line 1

Line 2

Grab 'n Go

Monday

Orange Chicken w/ WG Rice
Broccoli, Carrots, Applesauce & Pears
Bosco Sticks, Wraps

Orange Chicken w/ WG Rice
Broccoli, Carrots, Applesauce & Pears

Bosco Sticks w/ Marinara
Salads
Wraps

Tuesday

Hog Dog w/ WG Bun
Baked Beans, Cheesy Cauliflower,
Mandarin Oranges & Pineapple
Chicken Sandwich, Salads

Hog Dog w/ WG Bun
Baked Beans, Cheesy Cauliflower,
Mandarin Oranges & Pineapple

Chicken Sandwich
Salads
PBJ Uncrustables

Wednesday

Tony's Pizza
Sweet Potatoes, Spinach Salad,
Strawberries, & Baked Apples
Sub Sandwiches, Nachos

Tony's Pizza
Sweet Potatoes, Spinach Salad,
Strawberries, & Baked Apples

Sub Sandwiches
Salads
Nachos

Thursday

Beef Tacos W/ WG Shell
Romaine Lettuce, Tomatoes, Corn
Salsa, Slices Apples & Peaches
Ham Panini, Salads

Beef Tacos W/ WG Shell
Romaine Lettuce, Tomatoes, Corn
Salsa, Sliced Apples & Peaches

Ham Panini (HS)
Chicken Sandwich (MS)
Salads
PBJ Uncrustables

Friday

Pizza
Vegetarian Options
Fresh Veggies and Spinach Salad
Mixed Fruit

Pizza
Vegetarian Options
Fresh Veggies and Spinach Salad
Mixed Fruit

Pizza

All meal include milk

All meal include mil

All meal include milk

Middle School is Line 2 and Grab 'n Go

Grab 'n Go

*Bosco Sticks
Wraps
Nachos
Sub Sandwiches
Chicken Sandwiches*

Feature Station - High School Only

Ham Panini on Thursday
High School only

*Menu Subject to Change. Also look for our Vegetarian Options

This institution is an equal opportunity provider