

March 2017 Lunch Menu: WMS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

27	28	1	2	3
Barbecued pork Coleslaw French fries Orange Smiles Milk Alternate: Cheeseburger on a whole grain bun	Cheese quesadilla Tortilla chips Refried beans Baby carrots Pineapple chunks Milk Alternate: Chili wrap	Italian penne pasta Mixed greens with grape tomatoes Garlic bread Peaches Milk Alternate: Pepperoni pizza	Chicken strips Fresh broccoli & red pepper strips Dinner roll Apple sauce cups Milk Alternate: Corn dogs	Grilled cheese sandwich Tomato soup Cauliflower Pears Milk Alternate: Little Caesar's pizza
6	7	8	9	10
Taco salad Tortilla chips Black beans Whole grain roll Pineapple Milk Alternate: Fiestada pizza	Meatballs & gravy over mashed potatoes Diced carrots Whole grain roll Peaches Milk Alternate: Ham & cheese wrap	Spaghetti Mixed green with grape tomatoes Whole grain roll Pears Milk Alternate: Chicken patty on a whole grain bun	Hamburger on a whole grain bun Baked beans Fresh broccoli Watermelon Milk Alternate: Turkey sandwich	Homemade turkey stew Soft pretzels Celery sticks & baby carrots Grapes Milk Alternate: Little Caesar's pizza
13	14	15	16	17
Hot dogs Sweet potato fries Baked beans Orange Smiles Milk Alternate: Pepperoni pizza	Orange chicken over brown rice Broccoli Mandarin oranges Fortune cookie Milk Alternate: Egg rolls or turkey sandwich	Bosco bread sticks with marinara sauce California Medley vegetables Apple sauce Milk Alternate: Cheese soup with ham sandwich	Popcorn chicken salad with mixed greens, black beans & grape tomatoes Whole grain roll Peaches Milk Alternate: Pizzaburger on a whole grain bun	Home made chili Whole grain bread sticks Baby carrots  cookie Pears Milk Alternate: Little Caesar's pizza
20	21	22	23	24
Chicken patty on a whole grain bun Red pepper strips Fresh cauliflower Apple slices Milk Alternate: Bratwurst on a whole grain bun	Sloppy Joe on a whole grain bun Tater tots Coleslaw Fruit cocktail Milk Alternate: Cheeseburger on a whole grain bun	Sub sandwich Tomato slices Green beans Frozen juice cup Milk Alternate: Chicken patty on a whole grain bun	Corn dogs Baked beans Fresh broccoli Pears Milk Alternate: Pepperoni pizza	Minestrone soup Turkey sandwich Baby carrots & cucumber slices Applesauce cups Milk Alternate: Little Caesar's pizza

Enjoy Your Spring Break

Wherever You Are!

Milk choices available daily are fat free chocolate, fat free white and 1% white. Chef's salads are available as an alternate choice every day. All bread served is whole grain except pasta. Oranges and apples are available daily.

This institution is an equal opportunity provider.