



SEPTEMBER | 2017

Lunch Menu: WMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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4 Labor Day No School	5 Chicken Patty on WG Bun California Medley Vegetables Apple Slices Milk Alternate: Corn Dogs	6 Spaghetti Mixed Green with Grape Tomatoes WG Roll Peaches Milk Alternate: Hamburger on WG Bun	7 Orange Chicken Brown Rice Broccoli Grapes Dinner Roll Fortune Cookie Milk Alternate: Egg Roll or Turkey sandwich	8 Ham and Cheese Sandwich Baked Beans Baby carrots Fruit Cocktail Milk Alternate: Little Caesar's Pizza
11 BBQ Pork Sandwich on WG Roll Coleslaw Seasoned Potato Wedges Oranges Milk Alternate: Hamburger On WG Bun	12 Italian Penne Pasta Mixed Green with Grape Tomatoes Garlic Bread Peaches Milk Alternate: Pepperoni Pizza	13 Sub Sandwich Tomato Slices Green Bean Medley Apple Sauce Milk Alternate: Chicken Patty on WG Bun	14 Walking Tacos: Seasoned Beef Romaine Lettuce Black Beans WG roll Pears Milk Alternate: Chili Wrap	15 Homemade Turkey Stew Soft Pretzels Celery Baby Carrots Fruit Cocktail Milk Alternate: Little Caesar's Pizza
18 Cheeseburger on WG bun Fresh Broccoli Baked Beans Apples Milk Alternate: Turkey & Cheese Sandwich	19 Turkey and Gray Mashed Potatoes Diced Carrots WG Bread Peaches Milk Alternate: Ham & Cheese Sandwich	20 Cheese Quesadilla Refried Beans Baby carrots Tortilla Chips Grapes Milk Alternate: Tostada Pizza	21 Chicken Nuggets Cucumber slices Red pepper Strips WG Roll Pears Milk Alternate: Egg rolls	22 Homemade Chili Baby carrots Celery Sticks Breadsticks Goldfish crackers Oranges Milk Alternate: Little Caesar's Pizza
25 Chicken Patty on WG Bun Grape Tomatoes Cucumber slices Apple Sauce Milk Alternate: Ham & Cheese wrap	26 Taco Salad Tortilla Chips Black Beans WG Roll Pears Milk Alternate: Cheese Quesadilla	27 Corn Dog Fresh Cauliflower Broccoli Florets Apple Slices Milk Alternate: Pepperoni Pizza	28 Hot Dog Tater Tots Baby Carrots Fruit Cocktail Milk Alternate: Turkey and Cheese Sandwich	29 Grilled Cheese Sandwich Tomato Soup Cauliflower Watermelon Milk Alternate: Little Caesar's Pizza

News

Welcome Back

Milk Choices available daily:
 Fat-Free White
 1% White
 Fat-Free Chocolate

Chef Salads are available as an alternate choice every day.

All bread served is whole grain, including pizza crust and breading on chicken patties & nuggets, this excludes pasta.

Oranges and apples are available daily.

This institution is an equal opportunity provider.