



Menu items subject to change. Milk is offered daily with Lunch. 7<sup>th</sup>-12<sup>th</sup> graded offered Salad Bar daily unless noted on the menu.  
**EQUAL OPPORTUNITY EMPLOYER**



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

Cheesy Pepperoni, Roundettes, Carrots, Fruit **2**

Chili Chip w/Fixings, Corn Fruit, WG Cinnamon Roll **3**  
 NO SALAD BAR

Burrito, Hummus w Chips & Salsa, Peas, Fruit **4**

K-6 Pizza Dippers **5**  
 7-12 Baked Potato Bar, Green Beans, Fruit

Egg Patty, Sausage Link, WG Pancakes, Tri Tator, WG Muffin, Fruit **6**

WG Mac & Cheese, Ham Slice, Sweet Potato Biscuit, Green Beans, Fruit, Sherbet Cup **9**

Sub-sandwich w/Fixings, Baked Chips, Fresh Veggies w/ RC Ranch Cup, Fruit, WG Cookie **10**  
 NO SALAD BAR

Pork Patty w/Mashed Potatoes, & Gravy, Broccoli, Fruit, WG Roll **11**

Sloppy Joe on WG Bun, Baked Beans, Pasta Salad, Fruit **12**

Chicken Nuggets w/BBQ, Tri-Tator, Peas, Fruit **13**

Taco on WG Wrap w/Fixings, Refried Beans, Corn, Fruit WG Cinnamon Bread Stick **16**  
 NO SALAD BAR

Chicken Patty w/WG Bun, Hashbrown, Carrots, Fruit **17**

Mr. Rib on WG Bun, Hashbrown, Green Beans, Fruit **18**

Chicken & Noodles, Mashed Potatoes, Broccoli/Cauliflower, Fruit, WG Roll **19**

Corn Dog, Hashbrown, Green Beans, Fruit **20**

Loaded Nachos w/Chips & Fixings, Refried Beans, Lettuce/Romaine, Fruit, WG Cherry Crisp **23**  
 NO SALAD BAR

Hot Ham & Cheese on WG Bun, Potato Wedges, Carrots, Fruit **24**

Teriyaki Chicken Breast, Au gratin Potatoes, Green Beans, Fruit, Garlic Cheddar Biscuits **25**

Meatball Sub Sandwich on WG Bun, Tri Tator, Corn, Fruit **26**

NO SCHOOL **27**

Hot Dog on WG Bun, Tri Tator, Broccoli, Fruit **30**

Mummy in a blanket, Ghost Coins, Grasshopper Legs, Goblin Eyes, Monster Cookie **31**

