



Menu items subject to change. Milk is offered daily with Lunch. 7<sup>th</sup>-12<sup>th</sup> grade 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

2

**NO SCHOOL**

3

Hamburger on WG Bun, Potato Wedges, Corn, Fruit

4

Popcorn Chicken, Tri Tator, Green Beans, Fruit

5

Salisbury Steak w/Mashed Potatoes & Gravy, Broccoli, Fruit

6

Crispito, Chips w/Black Bean Salsa, Carrots, Fruit

9

Pepperoni Pizza on WG Crust, Lettuce/Romaine, Fruit

10

WG Weiner Wink, Roundettes, Carrots, Fruit

11

Burrito, Hummus w/Chips & Salsa, Peas, Fruit

12

Chicken Alfredo, Green Beans, Fruit, WG Bread Stick

13

Breaded Cheese Sticks, Smiles, Broccoli, Fruit

16

BBQ Pork on WG Bun, Baked Beans, Pasta Salad, Fruit

17

Cheesy Pepperoni, Potato Wedges, Carrots, Fruit

18

Chicken Tenders, Tri Tator, Green Beans, Fruit, Rice Krispie Treat

19

Goulash, Lettuce/Romaine, Fruit, Corn Bread

20

Egg Patty, Pancake Sausage Bite, Tri Tator, Fruit, Muffin

23

Chili Chip w Fixings, Corn, Fruit, WG Cinnamon Bread Stick **NO SALAD BAR**

24

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

25

Taco on WG Wrap w Fixings, Refried Beans, Green Beans, Fruit **NO SALAD BAR**

26

WG Mac & Cheese, Ham Patty, Peas, Fruit, Sweet Potato Biscuit

27

Pizza Dippers, Smiles, Broccoli, Fruit

30

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

