

January 2018

Elementary

LUNCH



This institution is an equal opportunity provider
 Lunch is no cost to students
 Adult prices are \$ 3.75
 WES proudly participates in the USDA Fresh Fruit and Vegetable Program



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. Fat Free & 1% milk is served daily



Monday

Tuesday

Wednesday

Thursday

Friday

No School 1

No School 2

Meatloaf and Mashed Potato 3
 Chicken Pasta Salad
 Steamed Carrots, Peaches
 Choice of milk

Pizza 4
 Steamed Broccoli, Pineapple
 Choice of milk

5

Calzone 8
 Peas, Applesauce
 Choice of milk

Hamburger Bar 9
 Crispy Chicken Salad
 Garden Fresh salad, Potato wedges, Oranges
 Choice of milk

PB & J Crustable 10
 Chicken Pasta Salad
 Garden Fresh salad, Hummus/Celery sticks, Banana
 Choice of milk

Chicken Nugget's, Roll 11
 Garden Fresh salad, corn, peaches,
 Choice of milk

12

Ripper 15
 Garden Fresh Salad, green beans, mixed fruit,
 Choice of milk

Chicken Tenders 16
 Crispy Chicken Salad
 Garden Fresh salad, baked beans, apple slices
 Choice of milk

Ham and Cheese Sandwich 17
 Chicken Pasta Salad
 Garden Fresh salad, carrot sticks, Banana
 Choice of milk

Hot Dog Bar 18
 Garden Fresh salad, Potato Wedges, Pears
 Choice of milk

19

Chicken Sandwich 22
 Garden Fresh salad, California Blend Veggie
 Orange
 Choice of milk

Taco Tuesday 23
 Crispy Chicken Salad
 Garden Fresh salad, refried beans, Pears
 Choice of milk

Meatloaf and Mashed Potato 24
 Chicken Pasta Salad
 Garden Fresh salad, Steamed Carrots, Banana
 Choice of milk

Pizza 25
 Garden Fresh salad, steamed broccoli, Pineapple
 Choice of milk

26

Calzone 29
 Garden fresh salad, Peas, Applesauce,
 Choice of milk

Hamburger Bar 30
 Crispy Chicken salad, Potato wedges, Oranges
 Choice of milk

PB & J Crustable 31
 Chicken Pasta Salad
 Garden Fresh salad, Hummus/Celery sticks,
 Banana
 Choice of milk

