



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
 Menus are subject to change



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. Students have the choice of White skim milk, Choc skim milk, Strawberry skim milk, 1% White milk



Monday

Tuesday

Wednesday

Thursday

Friday

Calzone 2
 Garden Fresh Salad, Peas, Apple sauce
 Choice of milk

Hamburger 3
 Crispy Chicken Salad
 Garden Fresh Salad, Potato wedges, sliced oranges
 Choice of milk

P B & J Crustable, Cheese Stick 4
 Pasta Chicken Salad
 Garden Fresh salad, hummus/celery sticks, Banana
 Choice of milk

Dorito's Loco's 5
 Garden Fresh Salad, Corn, Peaches
 Choice of milk

6

Ripper 9
 Garden Fresh Salad, Green Beans, Mixed Fruit
 Choice of milk

Chicken Nuggets, Roll 10
 Crispy Chicken Salad
 Garden Fresh Salad, Baked Beans, Apple slices,
 Choice of milk

Ham and Cheese Sandwich 11
 Pasta Chicken Salad
 Garden Fresh Salad, Carrot sticks, Banana
 Choice of milk

Hot Dog 12
 Garden Fresh Salad, Potato wedges, Pears
 Choice of milk

13

Chicken Sandwich 16
 Garden Fresh Salad, California Blend Veggie
 Orange slices, Choice of milk

Taco Tuesday 17
 Crispy Chicken Salad
 Garden Fresh Salad, Refried Beans, Pears
 Choice of milk

Meatloaf, Mashed potatoes 18
 Pasta Chicken Salad
 Garden Fresh Salad, steamed carrots, Banana
 Choice of milk

Pizza 19
 Garden Fresh Salad, Broccoli, Pineapple
 Choice of milk

20

Calzone 23
 Garden Fresh Salad, Peas, Apple sauce
 Choice of milk

Hamburger 24
 Crispy Chicken Salad
 Garden Fresh Salad, Potato wedges, sliced oranges
 Choice of milk

P B & J Crustable, Cheese Stick 25
 Pasta Chicken Salad
 Garden Fresh Salad, hummus/celery sticks, Banana
 Choice of milk

Dorito's Loco's 26
 Garden Fresh Salad, Corn, Peaches
 Choice of milk

27

Ripper 30
 Garden Fresh Salad, Green Beans, Mixed Fruit
 Choice of milk





