



This institution is an equal opportunity provider and employer  
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.



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

Blank lunch menu box for Monday.

Blank lunch menu box for Wednesday.

Chicken Nugget's, Roll **1**  
Garden fresh salad, corn, peaches  
Choice of milk

Blank lunch menu box for Friday.

Ripper **5**  
Garden fresh salad, green beans, mixed fruit  
Choice of milk

Chicken Tenders **6**  
Crispy Chicken Salad  
Garden fresh salad, baked beans, apple slices  
Choice of milk

Ham and Cheese Sandwich **7**  
Chicken Pasta Salad  
Garden fresh salad, Carrot sticks, Banana  
Choice of milk

Hot Dog Bar **8**  
Garden fresh salad, potato wedges, pears  
Choice of milk

Blank lunch menu box for Friday.

Chicken Sandwich **12**  
Garden fresh salad, California blend veggie  
Oranges, Choice of milk

Taco Tuesday **13**  
Crispy Chicken Salad  
Garden fresh salad, Refried beans, Pears,  
Choice of milk

Meatloaf, Mashed potato **14**  
Chicken Pasta Salad  
Garden fresh salad, steamed carrots,, Banana  
Choice of milk

Pizza **15**  
Garden fresh salad, broccoli, pineapple  
Choice of milk

Blank lunch menu box for Friday.

Calzone **19**  
Garden fresh salad, Peas, applesauce,  
Choice of milk

Hamburger Bar **20**  
Crispy Chicken Salad  
Garden fresh salad, Potato wedges, oranges  
Choice of milk

PB & J Crustable **21**  
Chicken Pasta Salad  
Garden fresh salad, hummus/celery sticks  
Banana, Choice of milk

Chicken Nugget's, Roll **22**  
Garden fresh salad, corn, peaches  
Choice of milk

Blank lunch menu box for Friday.

Ripper **26**  
Garden fresh salad, green beans,  
mixed fruit, Choice of milk

Chicken Tenders **27**  
Crispy Chicken Salad  
Garden fresh salad, baked beans, apple slices.  
Choice of milk

Ham and Cheese Sandwich **28**  
Chicken Pasta Salad  
Garden fresh salad, Carrot sticks, Banana  
Choice of milk

