

March 2018

Middle School

LUNCH



This institution is an equal opportunity provider and employer
Lunch is no cost to students
Adult price is \$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 a choice of White Skim Milk, Choc Skim Milk, 1% White Milk



Monday



Tuesday



Wednesday

Thursday

Friday

Chicken Sandwich **5**
Garden Fresh Salad, California Blend Veggie
Orange Slices, Choice of milk

Taco Tuesday **6**
Fajita Chicken Salad
Garden Fresh Salad, Refried Beans, Pears
Choice of milk

Meatloaf, Mashed Potatoes **7**
Pasta Chicken Salad
Garden Fresh Salad, Carrots, Banana
Choice of milk

Hot Dog **1**
Garden Fresh Salad, Potato Wedges, Pears
Choice of milk

2

Calzone **12**
Garden Fresh Salad, Peas
Applesauce
Choice of milk

Hamburger Bar **13**
Fajita Chicken Salad
Garden Fresh Salad, Potato Wedges, Orange Slices
Choice of milk

P B & J Crustable **14**
Pasta Chicken Salad
Garden Fresh Salad, Hummus/Celery Sticks, Banana
Choice of milk

Pizza **8**
Garden Fresh Salad, Broccoli
Pineapple
Choice of milk

9

Ripper **19**
Garden Fresh Salad, Green Beans, Mixed Fruit
Choice of milk

Chicken Nugget's, Roll **20**
Fajita Chicken Salad
Garden Fresh Salad, baked beans, apple slices
Choice of milk

Ham and Cheese Sandwich **21**
Pasta Chicken Salad
Garden Fresh Salad, Carrots, Banana
Choice of milk

Dorito's Loco's **15**
Garden Fresh Salad, Corn, Peaches
Choice of milk

16

Spring Break **26**

Spring Break **27**

Spring Break **28**

Hot Dog **22**
Garden Fresh Salad, Potato Wedges, Pears
Choice of milk

23

Spring Break **29**

30