

# Jr/Sr High School Menu

**WEEK 1**

## BREAKFAST

*Daily Breakfast Entrées Include: WG Cereal, WG Donuts, or Daily Pastry.*

<b>Monday</b> Mini Pancakes Breakfast Sandwich	<b>Tuesday</b> Breakfast Burrito French Toast	<b>Wednesday</b> Pancake Wraps Breakfast Sandwich	<b>Thursday</b> Breakfast Burrito Cinnamon Roll	<b>Friday</b> Biscuit & Gravy Breakfast Sandwich
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How to Build a  
**Breakfast Meal**  
1 - Entrée Choice  
2 - Fruit (1 can be Fruit Juice)  
1 - 8oz Low-Fat or Fat Free Milk



How to Build a  
**Lunch Meal**  
1 - Entrée (bread & protein)  
1 to 2 Fruit Choice  
1 to 2 Vegetable Choice  
1 - 8oz Low-Fat or Fat Free Milk

## WL CLASSICS

*Daily Entrées Include:*

<b>Monday</b> Boneless Wings – WG Roll Sweet Potatoes Malibu Blend Vegetables	<b>Tuesday</b> Chicken Nuggets – WG Roll Mashed Potatoes, Vegetarian Baked Beans	<b>Wednesday</b> Hot Dog – Bun Whole Kernel Corn, Carrot Sticks	<b>Thursday</b> Baked Pasta, WG Breadstick, Seasoned Peas	<b>Friday</b> Cheese Pizza Salad w/ Romaine & Spinach, Grape Tomatoes
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## GRAB-N-GO & SNACK BAR

*Daily Entrées Include:*

<b>Monday – Wednesday - Friday</b> Spicy Chicken Sandwich Cheeseburger (Mon. & Fri. Only) Pulled Pork (Wed. Only) Popcorn Chicken Bosco Breadsticks Potato Wedges	<b>Tuesday - Thursday</b> Breaded Chicken Sandwich Pretzels W/Cheese Sauce Orange Chicken BBQ Boneless Chicken Wings Tater Tots	<b>Daily Featured Side Items:</b> WG Yeast Roll, Broccoli & Cauliflower, Celery-Carrots-Grape Tomatoes, Hummus, Salad w/ Romaine & Spinach, Fresh Fruit, Apple Slices, Fruit Cup
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## DAILY ADDITIONS

Celery-Carrots-Grape Tomatoes
Broccoli & Cauliflower
Hummus
Side Salad
Romaine & Spinach
Corn
Apple Slices
Fresh Fruit
Bug Bite Crackers

## FRUIT OF THE DAY

<b>Monday</b> Sliced Apples Diced Peaches	<b>Tuesday</b> Bananas Mandarin Oranges	<b>Wednesday</b> Orange Wedges Pineapple	<b>Thursday</b> Grapes Pears	<b>Friday</b> Fruit Cocktail Applesauce
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## SALADS

Chef Salad w/ Ham	Chef Salad w/ Turkey	Chicken Caesar Salad
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*This is an equal opportunity employer*

*\*Menu Subject to Change*