

# Jr/Sr High School Menu

# WEEK 3

## BREAKFAST

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

### Monday

Mini Pancakes  
Breakfast Sandwich

### Tuesday

Breakfast Burrito  
French Toast

### Wednesday

Pancake Wraps  
Breakfast Sandwich

### Thursday

Breakfast Burrito  
Cinnamon Roll

### Friday

Biscuit & Gravy  
Breakfast Sandwich

### 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:*

### Monday

Cheeseburger  
Sweet Potato Cubes  
Mixed Vegetables

### Tuesday

Chicken & Noodles, WG Roll,  
Mashed Potatoes

### Wednesday

**BREAKFAST FOR LUNCH**  
WG French Toast, Turkey Sausage  
Links, Tater Tots

### Thursday

Mac & Cheese  
Vegetarian Baked Beans  
Carrots & Celery

### Friday

Cheese Pizza  
Salad w/ Romaine & Spinach,  
Grape Tomatoes

## GRAB-N-GO & SNACK BAR

*Daily Entrées Include:*

### Monday – Wednesday - Friday

Spicy Chicken Sandwich  
Cheeseburger (Mon. & Fri. Only)  
Pulled Pork Sandwich (Wed. Only)  
Popcorn Chicken  
Bosco Breadsticks  
Potato Wedges

### Tuesday - Thursday

Breaded Chicken Sandwich  
Pretzels W/Cheese Sauce  
Orange Chicken  
BBQ Chicken Wings (Boneless)  
Tater Tots

### *Daily Featured Side Items:*

WG Yeast Roll, Broccoli &  
Cauliflower, Celery-Carrots-Grape  
Tomatoes, Hummus, Salad w/ Romaine  
& Spinach, Fresh Fruit, Apple Slices,

## 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

### Monday

Sliced Apples  
Diced Peaches

### Tuesday

Bananas  
Mandarin Oranges

### Wednesday

Orange Wedges  
Pineapple

### Thursday

Grapes  
Pears

### Friday

Fruit Cocktail  
Applesauce

## SALADS

Chef Salad w/ Ham    Chef Salad w/ Turkey    Chicken Caesar Salad

*This is an equal opportunity employer*

*\*Menu Subject to Change*