

Jr/Sr High School Menu

WEEK 1

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
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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:

Monday BBQ Chicken Flatbread Sweet Potatoes Malibu Blend Vegetables	Tuesday Chicken Nuggets – WG Roll French Fries, Vegetarian Baked Beans	Wednesday Hot Dog – Bun Whole Kernel Corn, Carrot Sticks	Thursday Baked Pasta, WG Breadstick, Seasoned Peas	Friday Chicken Chimichanga, Mexican Rice, Black Beans
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GRAB-N-GO & SNACK BAR

Daily Entrées Include:

Monday – Wednesday - Friday Spicy Chicken Sandwich Cheeseburger (Mon. & Fri. Only) Pulled Pork (Wed. Only) Popcorn Chicken Bosco Breadsticks Potato Wedges	Tuesday - Thursday Breaded Chicken Sandwich Pretzels W/Cheese Sauce Orange Chicken BBQ Boneless Chicken Wings Tater Tots	Daily Featured Side Items: 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

Monday Sliced Apples Diced Peaches	Tuesday Bananas Mandarin Oranges	Wednesday Orange Wedges Pineapple	Thursday Grapes Pears	Friday 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*