

Jr/Sr High School Menu

WEEK 2

BREAKFAST

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

Monday

Mini Pancakes
Breakfast Sandwich

Tuesday

Cheddar Omelet
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

Chicken Alfredo
Steamed Broccoli with Cheese Sauce,
Celery Sticks

Tuesday

Turkey & Cheese Wrap
Tater Tots, Whole Kernel Corn

Wednesday

Texas Straw Hat
Black Beans, Tomatoes

Thursday

Lasagna w/ Meat Sauce, Breadstick,
California Blend Vegetables,

Friday

Teriyaki Chicken OR Sweet-N-Sour
Chicken, Brown Rice, Prince Charles
Vegetables

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 Boneless Chicken Wings
Tater Tots

Daily Featured Side Items:

Bug Bite Crackers, Broccoli &
Cauliflower, Celery-Carrots-Grape
Tomatoes, Hummus, Salad w/ Romaine
& Spinach, Fresh Fruit, Apple Slices,
Fruit Cup

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*