

# Jr/Sr High School Menu

**WEEK 3**

## 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
--	---	---	---	--

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 Dinner Roll,  
Green Beans, Mashed Potatoes

### Wednesday

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

### Thursday

Mac & Cheese, WG Dinner Roll,  
Vegetarian Baked Beans

### Friday

Chicken Tenders, Whole Kernel Corn

## 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

<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
---	---	--	------------------------------------	---

## SALADS

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

*This is an equal opportunity employer*

*\*Menu Subject to Change*