

Lunch Menu - WAHS



October 2021

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Chicken Enchiladas w/ Red Sauce Mixed Green Salad w/ Ranch Apple Whole Fruit (Pear) 1% White Milk Fat Free White Milk Fat Free Chocolate Milk
4 Beef Chili Cheese Fries w/ Churro Chips Baby Carrots Pear Whole Fruit 1% White Milk Fat Free White Milk Fat Free Chocolate Milk	5 Chicken Teriyaki w/ Yakisoba Noodles HS Baby Carrots 100% Fruit Juice Whole Fruit 1% White Milk Fat Free White Milk Fat Free Chocolate Milk	6 Meatloaf Mash & Gravy & Dinner Roll Pinto Bean Salad Banana Whole Fruit 1% White Milk Fat Free White Milk Fat Free Chocolate Milk	7 Baked Ziti w/ Meat Sauce & Dinner Roll Baby Carrots Orange Whole Fruit 1% White Milk Fat Free White Milk Fat Free Chocolate Milk	8 Beef, Bean & Cheese Burrito House Salad w/ Italian Apple Whole Fruit (Pear) 1% White Milk Fat Free White Milk Fat Free Chocolate Milk
11 Chicken Patty Burger w/ Oven Baked Fries Baby Carrots Pear Whole Fruit 1% White Milk Fat Free White Milk Fat Free Chocolate Milk	12 Cheese Lasagna w/ Tomato Basil Sauce & Dinner Roll Baby Carrots 100% Fruit Juice Whole Fruit 1% White Milk Fat Free White Milk Fat Free Chocolate Milk	13 Turkey & Cheese Sandwich on Hawaiian Roll w/ Baby Carrots HS Jicama & Bean Salad w/ Tajin Dressing Banana Whole Fruit 1% White Milk Fat Free White Milk Fat Free Chocolate Milk	14 Baked Ziti w/ Meat Sauce & Dinner Roll Baby Carrots Orange Whole Fruit 1% White Milk Fat Free White Milk Fat Free Chocolate Milk	15 Mac & Cheese w/ Whole Grain Cookie Kale & Green Apple Salad w/ Ranch Apple Whole Fruit (Pear) 1% White Milk Fat Free White Milk Fat Free Chocolate Milk
18 Honey-Mustard Grilled Chicken Sandwich w/ Oven Baked Fries Baby Carrots Pear Whole Fruit 1% White Milk Fat Free White Milk Fat Free Chocolate Milk	19 Turkey Chili w/ Original Popped Chips Baby Carrots 100% Fruit Juice Whole Fruit 1% White Milk Fat Free White Milk Fat Free Chocolate Milk	20 Orange Chicken w/ Not- So-Fried Rice Sweet Edamame Salad Banana Whole Fruit 1% White Milk Fat Free White Milk Fat Free Chocolate Milk	21 Spaghetti & Meatballs HS Baby Carrots Orange Whole Fruit 1% White Milk Fat Free White Milk Fat Free Chocolate Milk	22 Beef, Bean & Cheese Burrito Lettuce-Tomato-Pickle Kit Apple Whole Fruit (Pear) 1% White Milk Fat Free White Milk Fat Free Chocolate Milk
25 Beef Hot Dog on WG Bun w/ Oven Baked Fries Baby Carrots Pear Whole Fruit 1% White Milk Fat Free White Milk Fat Free Chocolate Milk	26 Chicken Tamale w/ Mixed Vegetables Baby Carrots 100% Fruit Juice Whole Fruit 1% White Milk Fat Free White Milk Fat Free Chocolate Milk	27 Chicken Alfredo Pasta w/ Steamed Broccoli & Holiday Cookie Tuscan White Bean Salad Banana Whole Fruit 1% White Milk Fat Free White Milk Fat Free Chocolate Milk	28 BBQ Meatballs w/ Seasoned Potato Wedges & Dinner Roll Baby Carrots Orange Whole Fruit 1% White Milk Fat Free White Milk Fat Free Chocolate Milk	29 Chicken Enchiladas w/ Red Sauce Mixed Green Salad w/ Ranch Apple Whole Fruit (Pear) 1% White Milk Fat Free White Milk Fat Free Chocolate Milk

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Breakfast includes one entrée, fruit, and fat free white milk or 1% white milk.
This institution is an equal opportunity provider.

