

# Washington West Elementary Lunch December 2023

## Offered Daily

- Chef Salad
- Low Fat Cottage Cheese
- Romaine & Tomato Salad
- Fresh Veggies
- At least 1 Fresh Fruit Offered daily: Apples, Oranges, Kiwi, Grapes, Melon, Seasonal Fruit
- 3 of the Following Canned Fruit Choices: Peaches, Pineapple, Mixed Fruit, Applesauce, Pears, Mandarin Oranges
- 100% Juice Choices: Apple, Grape, Fruit Punch & Orange
- Milk: White 1%, Chocolate Non-Fat
- All grains are whole grain.

## Every Lunch Includes:

1. Fruit-1/2 Cup
2. Vegetable-3/4 Cup
3. Grain-1 to 2 Ounces
4. Protein-2 to 4 Ounces
5. Dairy-8 Ounces

You may have all 5 categories, but may take as few as 3. One of your 3 to 5 items **MUST** be a fruit or vegetable.

Save time & money! No Fees for Food Service online Depositing!

Visit [www.washington.k12.mo.us](http://www.washington.k12.mo.us)

Click on Online Payment under Quick Links and follow the prompts.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>27 C Day</b> Chicken Fried Chicken Cheeseburger on Bun Mashed Potatoes & Gravy Green Beans Fruit Choice Biscuit	<b>28 D Day</b> Pancakes & Sausage Patty Hot Dog on Bun Baked Apples Fruit Choice Rice Krispy Treat	<b>29 A Day</b> Orange Chicken Turkey & Cheese on Bun Chicken Brown Rice Broccoli Fruit Choice	<b>30 B Day</b> Taco in a Bag Grilled Cheese Baked Beans Fruit Choice Cookie	<b>1 C Day</b> Bosco Sticks Chicken Patty on Bun Mac & Cheese California Vegetables Fruit Choice
<b>4 D Day</b> Domino's Pizza Cheeseburger on Bun Tater Tots Glazed Carrots Fruit Choice	<b>5 A Day</b> Popcorn Chicken Hot Dog on Bun Mac & Cheese Vegetable Medley Fruit Choice Edible Cookie Dough	<b>6 B Day</b> Toasted Ravioli With Marinara Sauce Turkey & Cheese on Bun Spaghetti in Marinara Glazed Carrots Fruit Choice	<b>7 C Day</b> White Queso Beef Nachos Grilled Cheese Baked Beans Fruit Choice Cookie	<b>8 D Day</b> Pizza Chicken Patty on Bun Chicken Rice Ranch Tossed Salad w/Cheese Fruit Choice
<b>11 A Day</b> Chicken Fried Chicken Cheeseburger on Bun Mashed Potatoes & Gravy Green Beans Fruit Choice Biscuit	<b>12 B Day</b> Pancakes & Sausage Patty Hot Dog on Bun Baked Apples Fruit Choice Brownie	<b>13 C Day</b> Orange Chicken Turkey & Cheese on Bun Chicken Brown Rice Broccoli Fruit Choice	<b>14 D Day</b> Taco in a Bag Grilled Cheese Baked Beans Fruit Choice Cookie	<b>15 A Day</b> Bosco Sticks Chicken Patty on Bun Mac & Cheese California Vegetables Fruit Choice
<b>18 B Day</b> Domino's Pizza Cheeseburger on Bun Tater Tots Glazed Carrots Fruit Choice	<b>19 C Day</b> Popcorn Chicken Hot Dog on Bun Mac & Cheese Vegetable Medley Fruit Choice Edible Cookie Dough	<b>20 D Day</b> Toasted Ravioli With Marinara Sauce Turkey & Cheese on Bun Spaghetti in Marinara Glazed Carrots Fruit Choice	<b>21 A Day</b> <b>HALF DAY</b> Hamburger on Bun Baked Chips Baby Carrots Fresh Sliced Apples Cookie	<b>22 B Day</b> <b>HALF DAY</b> Chicken Patty on Bun Baked Chips Baby Carrots Fresh Sliced Apples Cookie
<b>25 NO SCHOOL</b> 	<b>26 NO SCHOOL</b>	<b>27 NO SCHOOL</b>	<b>28 NO SCHOOL</b>	<b>29 NO SCHOOL</b>

"This institution is an equal opportunity provider."