WHS LUNCH

December 2023

Offered Daily

Peanut Butter & Jelly

Bean & Cheese Burrito

Variety of Fresh Vegetables

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

Milk: White 1%, Chocolate Non-Fat

All grain items are whole grain.

Every Lunch Includes:

1. Fruit-1 Cup
2. Vegetable-1 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 De-positing!

Visit www.washington.k12.mo.us

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

"This institution is an equal opportunity provider."

Monday	Tuesday	Wednesday	Thursday	Friday
27 Spicy Wing Dings Italian Sub Cheeseburger on Bun Glazed Carrots Baked Beans Caesar Salad w/Chix	28 Chicken Alfredo Chicken & Cheese on Bun Smart Mouth Pizza-Variety Bread Stick Broccoli Potato Wedges BLT Salad	29 Toasted Ravioli Spicy Chicken on Bun Smart Mouth Pizza-Variety Green Beans Macaroni & Cheese Crispy Chicken Salad Brownie	30 Taco in a bag/Soft Shell Taco Southwest Chix Wrap Smart Mouth Pizza-Variety Mexican Rice Corn Cobb Salad w/Chicken	1 Bosco Sticks Dilly Chicken Sandwich Smart Mouth Pizza-Variety Vegetable Medley Au Gratin Potatoes SW Chix Salad Cookie
4 Wing Dings Chicken Sandwich Big Soft Pretzel w/Cheese Glazed Carrots Baked Beans Caesar Salad w/Chix	5 Chicken Fried Chicken Pulled Pork on Bun Smart Mouth Pizza-Variety Mashed Potatoes/Gravy Green Beans Biscuit BLT Salad	6 Chicken Tenders Ham & Cheese on Pretz Bun Smart Mouth Pizza-Variety Vegetable Medley Au Gratin Potatoes Crispy Chicken Salad Edible Cookie Dough	7 General Tso Chicken Chicken & Cheese on Bun Smart Mouth Pizza-Variety Rice or Penne Pasta Alfredo Broccoli Cobb Salad w/Chicken	8 Queso Beef Nachos Dilly Chicken Sandwich Smart Mouth Pizza-Variety Corn Tater Tots SW Chix Salad Cookie
11 Spicy Wing Dings Italian Sub Cheeseburger on Bun Glazed Carrots Baked Beans Caesar Salad w/Chix	12 Chicken Alfredo Chicken & Cheese on Bun Smart Mouth Pizza-Variety Bread Stick Broccoli Potato Wedges BLT Salad	13 Toasted Ravioli Spicy Chicken on Bun Smart Mouth Pizza-Variety Green Beans Macaroni & Cheese Crispy Chicken Salad Rice Krispy Treat	14 Taco in a bag/Soft Shell Taco Southwest Chix Wrap Smart Mouth Pizza-Variety Mexican Rice Corn Cobb Salad w/Chicken	15 Bosco Sticks Dilly Chicken Sandwich Smart Mouth Pizza-Variety Vegetable Medley Au Gratin Potatoes SW Chix Salad Cookie
18 Wing Dings Chicken Sandwich Big Soft Pretzel w/Cheese Glazed Carrots Baked Beans Caesar Salad w/Chix	19 Chicken Fried Chicken Pulled Pork on Bun Smart Mouth Pizza-Variety Mashed Potatoes/Gravy Green Beans Biscuit BLT Salad Edible Cookie Dough	20 Chicken Tenders Ham & Cheese on Pretz Bun Smart Mouth Pizza-Variety Vegetable Medley Au Gratin Potatoes Crispy Chicken Salad Edible Cookie Dough	21 A Day **HALF DAY** Hamburger on Bun Baked Chips Baby Carrots Fruit Choice Cookie	22 B Day **HALF DAY** Chicken Patty on Bun Baked Chips Baby Carrots Fruit Choice Cookie
25 NO SCHOOL 	26 **NO SCHOOL**	27 **NO SCHOOL**	28 **NO SCHOOL**	29 **NO SCHOOL**