

WMS Menu December 2023

Offered Daily

Bean & Cheese Burrito-wg
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 grains 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.

Monday	Tuesday	Wednesday	Thursday	Friday
27 Chicken Fried Chicken Cheeseburger on Bun Mashed Potatoes Green Beans Variety Grab & Go Salads Biscuit	28 General Tso Chicken Chicken Patty Club Brown Rice Broccoli Variety Grab & Go Salads Cookie	29 Bosco Sticks Ham & Cheese on Pretzel Bun Tater Tots Baked Beans Variety Grab & Go Salads	30 Domino's Pizza-Cheese or Pepperoni Turkey Club on Bun Mac & Cheese Zucchini Variety Grab & Go Salads Brownie	1 Queso Beef Nachos Chicken Patty on Bun Mexican Rice Corn Variety Grab & Go Salads
4 Wing Dings BBQ Burger on Bun California Vegetables French Fries Variety Grab & Go Salads	5 Variety Pizza Chicken Patty Club Potato Wedges Peas Variety Grab & Go Salads Cookie	6 Toasted Ravioli Chicken Pasta Alfredo Vegetable Medley Au Gratin Potatoes Variety Grab & Go Salads	7 Domino's Pizza-Cheese or Pepperoni Crispy Chicken Wrap Corn Variety Grab & Go Salads Managers Choice Dessert	8 Taco in a Bag Dilly-fil-a Chicken Sandwich Mexican Rice Vegetable Medley Variety Grab & Go Salads
11 Chicken Fried Chicken Cheeseburger on Bun Mashed Potatoes Green Beans Variety Grab & Go Salads Biscuit	12 General Tso Chicken Chicken Patty Club Brown Rice Broccoli Variety Grab & Go Salads Cookie	13 Bosco Sticks Ham & Cheese on Pretzel Bun Tater Tots Baked Beans Variety Grab & Go Salads	14 Domino's Pizza-Cheese or Pepperoni Turkey Club on Bun Mac & Cheese Zucchini Variety Grab & Go Salads Brownie	15 Queso Beef Nachos Chicken Patty on Bun Mexican Rice Corn Variety Grab & Go Salads
18 Wing Dings BBQ Burger on Bun California Vegetables French Fries Variety Grab & Go Salads	19 Variety Pizza Chicken Patty Club Potato Wedges Peas Variety Grab & Go Salads Brownie	20 Toasted Ravioli Chicken Pasta Alfredo Vegetable Medley Au Gratin Potatoes Variety Grab & Go Salads	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



"This institution is an equal opportunity provider."