

Washington West Elementary Lunch January 2024

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 NO SCHOOL 	2 NO SCHOOL	3 NO SCHOOL	4 C Day Taco in a Bag Grilled Cheese Baked Beans Fruit Choice Cookie	5 D Day Bosco Sticks Chicken Patty on Bun Mac & Cheese California Vegetables Fruit Choice
4 A Day Domino's Pizza Cheeseburger on Bun Tater Tots Glazed Carrots Fruit Choice	5 B Day Popcorn Chicken Hot Dog on Bun Mac & Cheese Vegetable Medley Fruit Choice Edible Cookie Dough	6 C Day Toasted Ravioli With Marinara Sauce Turkey & Cheese on Bun Spaghetti in Marinara Glazed Carrots Fruit Choice	7 D Day White Queso Beef Nachos Grilled Cheese Baked Beans Fruit Choice Cookie	8 A Day Pizza Chicken Patty on Bun Chicken Rice Ranch Tossed Salad w/Cheese Fruit Choice
15 NO SCHOOL MARTIN LUTHER KING JR DAY	16 B Day Pancakes & Sausage Patty Hot Dog on Bun Baked Apples Fruit Choice Brownie	17 C Day Orange Chicken Turkey & Cheese on Bun Chicken Brown Rice Broccoli Fruit Choice	18 D Day Taco in a Bag Grilled Cheese Baked Beans Fruit Choice Cookie	19 A Day Bosco Sticks Chicken Patty on Bun Mac & Cheese California Vegetables Fruit Choice
22 B Day Domino's Pizza Cheeseburger on Bun Tater Tots Glazed Carrots Fruit Choice	23 C Day Popcorn Chicken Hot Dog on Bun Mac & Cheese Vegetable Medley Fruit Choice Edible Cookie Dough	24 D Day Toasted Ravioli With Marinara Sauce Turkey & Cheese on Bun Spaghetti in Marinara Glazed Carrots Fruit Choice	25 A Day White Queso Beef Nachos Grilled Cheese Baked Beans Fruit Choice Cookie	26 B Day Pizza Chicken Patty on Bun Chicken Rice Ranch Tossed Salad w/Cheese Fruit Choice
29 C Day Chicken Fried Chicken Cheeseburger on Bun Mashed Potatoes & Gravy Green Beans Fruit Choice Biscuit	30 D Day Pancakes & Sausage Patty Hot Dog on Bun Baked Apples Fruit Choice Brownie	31 A Day Orange Chicken Turkey & Cheese on Bun Chicken Brown Rice Broccoli Fruit Choice	1 B Day Taco in a Bag Grilled Cheese Baked Beans Fruit Choice Cookie	2 C Day Bosco Sticks Chicken Patty on Bun Mac & Cheese California Vegetables Fruit Choice

"This institution is an equal opportunity provider."