

WHS LUNCH

January 2024

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
1 NO SCHOOL 	2 NO SCHOOL	3 NO SCHOOL PD DAY FOR STAFF	4 Taco in a bag/Soft Shell Taco Southwest Chix Wrap Smart Mouth Pizza-Variety Mexican Rice Corn Cobb Salad w/Chicken	5 Bosco Sticks Dilly Chicken Sandwich Smart Mouth Pizza-Variety Vegetable Medley Pasta Marinara SW Chix Salad Cookie
8 Wing Dings Chicken Sandwich Big Soft Pretzel w/Cheese Glazed Carrots Baked Beans Caesar Salad w/Chix	9 Chicken Fried Chicken Pulled Pork on Bun Smart Mouth Pizza-Variety Mashed Potatoes/Gravy Green Beans Biscuit BLT Salad	10 Chicken Tenders Ham & Cheese on Pretz Bun Smart Mouth Pizza-Variety Vegetable Medley Au Gratin Potatoes Crispy Chicken Salad Edible Cookie Dough	11 General Tso Chicken Chicken & Cheese on Bun Smart Mouth Pizza-Variety Rice or Penne Pasta Alfredo Broccoli Cobb Salad w/Chicken	12 Queso Beef Nachos Dilly Chicken Sandwich Smart Mouth Pizza-Variety Corn Tater Tots SW Chix Salad Cookie
15 NO SCHOOL MARTIN LUTHER KING JR DAY	16 Chicken Alfredo Chicken & Cheese on Bun Smart Mouth Pizza-Variety Bread Stick Broccoli Potato Wedges BLT Salad	17 Toasted Ravioli Spicy Chicken on Bun Smart Mouth Pizza-Variety Green Beans Macaroni & Cheese Crispy Chicken Salad Rice Krispy Treat	18 Taco in a bag/Soft Shell Taco Southwest Chix Wrap Smart Mouth Pizza-Variety Mexican Rice Corn Cobb Salad w/Chicken	19 Bosco Sticks Dilly Chicken Sandwich Smart Mouth Pizza-Variety Vegetable Medley Pasta Marinara SW Chix Salad Cookie
22 Wing Dings Chicken Sandwich Big Soft Pretzel w/Cheese Glazed Carrots Baked Beans Caesar Salad w/Chix	23 Chicken Fried Chicken Pulled Pork on Bun Smart Mouth Pizza-Variety Mashed Potatoes/Gravy Green Beans Biscuit BLT Salad	24 Chicken Tenders Ham & Cheese on Pretz Bun Smart Mouth Pizza-Variety Vegetable Medley Au Gratin Potatoes Crispy Chicken Salad Brownie	25 General Tso Chicken Chicken & Cheese on Bun Smart Mouth Pizza-Variety Rice or Penne Pasta Alfredo Broccoli Cobb Salad w/Chicken	26 Queso Beef Nachos Dilly Chicken Sandwich Smart Mouth Pizza-Variety Corn Tater Tots SW Chix Salad Cookie
29 Spicy Wing Dings Italian Sub Cheeseburger on Bun Glazed Carrots Baked Beans Caesar Salad w/Chix	30 Chicken Alfredo Chicken & Cheese on Bun Smart Mouth Pizza-Variety Bread Stick Broccoli Potato Wedges BLT Salad	31 Toasted Ravioli Spicy Chicken on Bun Smart Mouth Pizza-Variety Green Beans Macaroni & Cheese Crispy Chicken Salad Rice Krispy Treat	1 Taco in a bag/Soft Shell Taco Southwest Chix Wrap Smart Mouth Pizza-Variety Mexican Rice Corn Cobb Salad w/Chicken	2 Bosco Sticks Dilly Chicken Sandwich Smart Mouth Pizza-Variety Vegetable Medley Pasta Marinara SW Chix Salad Cookie