

WMS Menu January 2024

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
1	2	3	4 Domino's Pizza-Cheese or Pepperoni Turkey Club on Bun Mac & Cheese Zucchini Variety Grab & Go Salads Brownie	5 Queso Beef Nachos Chicken Patty on Bun Mexican Rice Corn Variety Grab & Go Salads
8 Wing Dings BBQ Burger on Bun California Vegetables French Fries Variety Grab & Go Salads	9 Variety Pizza Chicken Patty Club Potato Wedges Peas Variety Grab & Go Salads Cookie	10 Toasted Ravioli Chicken Pasta Alfredo Vegetable Medley Au Gratin Potatoes Variety Grab & Go Salads	11 Domino's Pizza-Cheese or Pepperoni Crispy Chicken Wrap Corn Variety Grab & Go Salads Managers Choice Dessert	12 Taco in a Bag Dilly-fil-a Chicken Sandwich Mexican Rice Vegetable Medley Variety Grab & Go Salads
15 NO SCHOOL MARTIN LUTHER KING JR DAY	16 General Tso Chicken Chicken Patty Club Brown Rice Broccoli Variety Grab & Go Salads Cookie	17 Bosco Sticks Ham & Cheese on Pretzel Bun Tater Tots Baked Beans Variety Grab & Go Salads	18 Domino's Pizza-Cheese or Pepperoni Turkey Club on Bun Mac & Cheese Zucchini Variety Grab & Go Salads Brownie	19 Queso Beef Nachos Chicken Patty on Bun Mexican Rice Corn Variety Grab & Go Salads
22 Wing Dings BBQ Burger on Bun California Vegetables French Fries Variety Grab & Go Salads	23 Variety Pizza Chicken Patty Club Potato Wedges Peas Variety Grab & Go Salads Brownie	24 Toasted Ravioli Chicken Pasta Alfredo Vegetable Medley Au Gratin Potatoes Variety Grab & Go Salads	25 Domino's Pizza-Cheese or Pepperoni Crispy Chicken Wrap Corn Variety Grab & Go Salads Managers Choice Dessert	26 Taco in a Bag Dilly-fil-a Chicken Sandwich Mexican Rice Vegetable Medley Variety Grab & Go Salads
29 Chicken Fried Chicken Cheeseburger on Bun Mashed Potatoes Green Beans Variety Grab & Go Salads Biscuit	30 General Tso Chicken Chicken Patty Club Brown Rice Broccoli Variety Grab & Go Salads Cookie	31 Bosco Sticks Ham & Cheese on Pretzel Bun Tater Tots Baked Beans Variety Grab & Go Salads	1 Domino's Pizza-Cheese or Pepperoni Turkey Club on Bun Mac & Cheese Zucchini Variety Grab & Go Salads Brownie	2 Queso Beef Nachos Chicken Patty on Bun Mexican Rice Corn Variety Grab & Go Salads

"This institution is an equal opportunity provider."