

# Washington West Elementary Lunch April 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](http://www.washington.k12.mo.us)

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>NO SCHOOL</b>	2 D Day Pasta Alfredo with Chicken Hot Dog on Bun Broccoli Fruit Choice Brownie	3 A Day Orange Chicken Turkey & Cheese on Bun Chicken Brown Rice California Vegetables Fruit Choice	4 B Day Taco in a Bag Grilled Cheese Baked Beans Corn Fruit Choice Cookie	5 C Day Bosco Sticks Chicken Patty on Bun Mac & Cheese Glazed Carrots Fruit Choice
8 D Day Domino's Pizza Cheeseburger on Bun Tater Tots Glazed Carrots Fruit Choice	9 A Day Popcorn Chicken Hot Dog on Bun Chicken Brown Rice Broccoli Fruit Choice Edible Cookie Dough	10 B Day Toasted Ravioli With Marinara Sauce Turkey & Cheese on Bun Pasta Marinara California Vegetables Fruit Choice	11 C Day White Queso Beef Nachos Grilled Cheese Baked Beans Corn Fruit Choice Cookie	12 D Day Cheese Pizza Chicken Patty on Bun Penne Pasta Alfredo Ranch Tossed Salad w/Cheese Fruit Choice
15 A Day Chicken Fried Chicken Cheeseburger on Bun Mashed Potatoes & Gravy Green Beans Fruit Choice Biscuit	16 B Day Pasta Alfredo with Chicken Hot Dog on Bun Broccoli Fruit Choice Rice Krispy Treat	17 C Day Cheese Pizza Turkey & Cheese on Bun Chicken Brown Rice California Vegetables Fruit Choice	18 D Day Taco in a Bag Grilled Cheese Baked Beans Corn Fruit Choice Cookie	19 <b>NO SCHOOL</b> <b>PD DAY FOR STAFF</b>
22 A Day Domino's Pizza Cheeseburger on Bun Tater Tots Glazed Carrots Fruit Choice	23 B Day Popcorn Chicken Hot Dog on Bun Chicken Brown Rice Broccoli Fruit Choice Brownie	24 C Day Toasted Ravioli With Marinara Sauce Turkey & Cheese on Bun Pasta Marinara California Vegetables Fruit Choice	25 D Day White Queso Beef Nachos Grilled Cheese Baked Beans Corn Fruit Choice Cookie	26 A Day Cheese Pizza Chicken Patty on Bun Penne Pasta Alfredo Ranch Tossed Salad w/Cheese Fruit Choice
29 B Day Chicken Fried Chicken Cheeseburger on Bun Mashed Potatoes & Gravy Green Beans Fruit Choice Biscuit	30 C Day Pasta Alfredo with Chicken Hot Dog on Bun Broccoli Fruit Choice Rice Krispy Treat	1 D Day Cheese Pizza Turkey & Cheese on Bun Chicken Brown Rice California Vegetables Fruit Choice	2 A Day Taco in a Bag Grilled Cheese Baked Beans Corn Fruit Choice Cookie	3 B Day Bosco Sticks Chicken Patty on Bun Mac & Cheese Glazed Carrots Fruit Choice

"This institution is an equal opportunity provider."