

# WHS LUNCH

## April 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](http://www.washington.k12.mo.us)**

*Click on Online Payments under Quick  
 Links and follow the prompts.*

Monday	Tuesday	Wednesday	Thursday	Friday
1 NO SCHOOL	2 Chicken Alfredo Chicken & Cheese on Bun Smart Mouth Pizza-Variety Bread Stick Broccoli Potato Wedges BLT Salad	3 Toasted Ravioli Spicy Chicken on Bun Smart Mouth Pizza-Variety Green Beans Macaroni & Cheese Crispy Chicken Salad Cookie	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 Big Soft Pretzel w/Cheese Vegetable Medley Pasta Marinara SW Chix Salad Rice Krispy Treat
8 Wing Dings Chicken Sandwich Bacon Cheeseburger on Bun 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 Big Soft Pretzel w/Cheese Corn Tater Tots SW Chix Salad Cookie
15 Spicy Wing Dings Italian Sub Cheeseburger on Bun Glazed Carrots Baked Beans Caesar Salad w/Chix	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 Cookie	18 Taco in a bag/Soft Shell Taco Southwest Chix Wrap Smart Mouth Pizza-Variety Mexican Rice Corn Cobb Salad w/Chicken	19 <b>NO SCHOOL PD DAY FOR STAFF</b>
22 Wing Dings Chicken Sandwich Bacon Cheeseburger on Bun 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 Big Soft Pretzel w/Cheese 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	1 Toasted Ravioli Spicy Chicken on Bun Smart Mouth Pizza-Variety Green Beans Macaroni & Cheese Crispy Chicken Salad Cookie	2 Taco in a bag/Soft Shell Taco Southwest Chix Wrap Smart Mouth Pizza-Variety Mexican Rice Corn Cobb Salad w/Chicken	3 Bosco Sticks Dilly Chicken Sandwich Big Soft Pretzel w/Cheese Vegetable Medley Pasta Marinara SW Chix Salad Rice Krispy Treat

*"This institution is an equal opportunity provider."*