

# Washington West Elementary Lunch March 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
26 A Day Chicken Fried Chicken Cheeseburger on Bun Mashed Potatoes & Gravy Green Beans Fruit Choice Biscuit	27 B Day Pancakes & Sausage Patty Hot Dog on Bun Baked Apples Fruit Choice Brownie	28 C Day Orange Chicken Turkey & Cheese on Bun Chicken Brown Rice Broccoli Fruit Choice	29 D Day Taco in a Bag Grilled Cheese Baked Beans Fruit Choice Cookie	1 A Day Popcorn Pollock Bites Chicken Patty on Bun Penne Alfredo California Vegetables Fruit Choice
4 B Day Domino's Pizza Cheeseburger on Bun Tater Tots Glazed Carrots Fruit Choice	5 C Day Popcorn Chicken Hot Dog on Bun Mac & Cheese Vegetable Medley Fruit Choice Edible Cookie Dough	6 D Day Toasted Ravioli With Marinara Sauce Turkey & Cheese on Bun Pasta Marinara Green Beans Fruit Choice	7 A Day White Queso Beef Nachos Grilled Cheese Baked Beans Fruit Choice Cookie	8 <b>NO SCHOOL                      PROFESSIONAL DEVELOPMENT                      DAY FOR STAFF</b>
11 B Day Chicken Fried Chicken Cheeseburger on Bun Mashed Potatoes & Gravy Green Beans Fruit Choice Biscuit	12 C Day Pancakes & Sausage Patty Hot Dog on Bun Baked Apples Fruit Choice Rice Krispy Treat	13 D Day Cheese Pizza Turkey & Cheese on Bun Chicken Brown Rice Broccoli Fruit Choice	14 A Day Taco in a Bag Grilled Cheese Baked Beans Fruit Choice Cookie	15 B Day Popcorn Pollock Bites Chicken Patty on Bun Penne Alfredo California Vegetables Fruit Choice
18 C Day Domino's Pizza Cheeseburger on Bun Tater Tots Glazed Carrots Fruit Choice	19 D Day Popcorn Chicken Hot Dog on Bun Tater Tots Broccoli Fruit Choice Brownie	20 A Day Toasted Ravioli With Marinara Sauce Turkey & Cheese on Bun Pasta Marinara Green Beans Fruit Choice	21 B Day White Queso Beef Nachos Grilled Cheese Baked Beans Fruit Choice Cookie	22 C Day Popcorn Pollock Bites Chicken Patty on Bun Penne Alfredo Ranch Tossed Salad w/Cheese Fruit Choice
25 <b>NO SCHOOL                      SPRING BREAK</b>	26 <b>NO SCHOOL                      SPRING BREAK</b>	27 <b>NO SCHOOL                      SPRING BREAK</b>	28 <b>NO SCHOOL                      SPRING BREAK</b>	29 <b>NO SCHOOL                      SPRING BREAK</b>

"This institution is an equal opportunity provider."