

WMS Menu March 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
26 Chicken Fried Chicken Cheeseburger on Bun Mashed Potatoes Green Beans Variety Grab & Go Salads Biscuit	27 General Tso Chicken Chicken Patty on Bun Brown Rice Broccoli Variety Grab & Go Salads Cookie	28 Chicken Tenders Pulled Pork on Bun Tater Tots Baked Beans Variety Grab & Go Salads	29 Domino's Pizza-Cheese or Pepperoni Turkey Club on Bun Mac & Cheese Zucchini Variety Grab & Go Salads Brownie	1 Queso Beef Nachos Chicken Patty on Bun Fish Sandwich on Bun w/Cheese Mexican Rice Corn Variety Grab & Go Salads
4 Wing Dings BBQ Burger on Bun California Vegetables French Fries Variety Grab & Go Salads	5 Variety Pizza Chicken Patty on Bun Potato Wedges Glazed Carrots Variety Grab & Go Salads Cookie	6 Toasted Ravioli Chicken Pasta Alfredo Vegetable Medley Au Gratin Potatoes Variety Grab & Go Salads	7 Domino's Pizza-Cheese or Pepperoni Crispy Chicken Wrap Corn Variety Grab & Go Salads Edible Cookie Dough	8 NO SCHOOL PROFESSIONAL DEVELOPMENT DAY FOR STAFF
11 Chicken Fried Chicken Cheeseburger on Bun Mashed Potatoes Green Beans Variety Grab & Go Salads Biscuit	12 General Tso Chicken Chicken Patty on Bun Brown Rice Broccoli Variety Grab & Go Salads Cookie	13 Chicken Tenders Pulled Pork on Bun Tater Tots Baked Beans Variety Grab & Go Salads	14 Domino's Pizza-Cheese or Pepperoni Turkey Club on Bun Mac & Cheese Zucchini Variety Grab & Go Salads Rice Krispy Treat	15 Queso Beef Nachos Chicken Patty on Bun Fish Sandwich on Bun w/Cheese Mexican Rice Corn Variety Grab & Go Salads
18 Wing Dings BBQ Burger on Bun California Vegetables French Fries Variety Grab & Go Salads	19 Variety Pizza Chicken Patty on Bun Potato Wedges Glazed Carrots Variety Grab & Go Salads Cookie	20 Toasted Ravioli Chicken Pasta Alfredo Vegetable Medley Au Gratin Potatoes Variety Grab & Go Salads	21 Domino's Pizza-Cheese or Pepperoni Crispy Chicken Wrap Corn Variety Grab & Go Salads Brownie	22 Taco in a Bag Dilly-fil-a Chicken Sandwich Fish Sandwich on Bun w/Cheese Mexican Rice Vegetable Medley Variety Grab & Go Salads
25 NO SCHOOL SPRING BREAK	26 NO SCHOOL SPRING BREAK	27 NO SCHOOL SPRING BREAK	28 NO SCHOOL SPRING BREAK	29 NO SCHOOL SPRING BREAK

"This institution is an equal opportunity provider."