

Washington West Elementary Lunch May 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

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

Monday	Tuesday	Wednesday	Thursday	Friday
		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 Sack Lunch available for 2nd Grade Field trip to Animal Adventure, and 6th Grade Track & Field
6 C Day Domino's Pizza Cheeseburger on Bun Tater Tots Glazed Carrots Fruit Choice	7 D Day Popcorn Chicken Hot Dog on Bun Chicken Brown Rice Broccoli Fruit Choice Edible Cookie Dough	8 A Day Toasted Ravioli With Marinara Sauce Turkey & Cheese on Bun Pasta Marinara California Vegetables Fruit Choice	9 B Day White Queso Beef Nachos Grilled Cheese Baked Beans Corn Fruit Choice Vanilla Ice Cream Cup	10 C Day Cheese Pizza Chicken Patty on Bun Penne Pasta Alfredo Ranch Tossed Salad w/Cheese Fruit Choice Sack Lunch available for K Field trip to the park.
13 D Day Chicken Fried Chicken Cheeseburger on Bun Mashed Potatoes & Gravy Green Beans Fruit Choice Biscuit	14 A Day Spaghetti & Meatballs in Marinara Hot Dog on Bun Spaghetti in Marinara Broccoli Fruit Choice Vanilla Ice Cream Cup	15 B Day Cheese Pizza Turkey & Cheese on Bun Chicken Brown Rice California Vegetables Fruit Choice Sack Lunch available for 4th Grade Field trip to Park.	16 C Day Taco in a Bag Grilled Cheese Baked Beans Corn Fruit Choice Strawberry Mango Slushy Cup Sack Lunch available for 4th Grade Field trip to Zoo.	17 D Day Bosco Sticks Chicken Patty on Bun Mac & Cheese Glazed Carrots Fruit Choice Sack Lunch available for 5th Grade Field trip to Park.
20 A Day - HALF DAY Sack Lunch Ham & Cheese on Bun Baked Chips Baby Carrots Applesauce Cup Cookie	21 B Day- HALF DAY/LAST DAY Sack Lunch Turkey & Cheese on Bun Baked Chips Baby Carrots Applesauce Cup Cookie	22 PD DAY FOR STAFF CLOSING CEREMONY 9 AM FOR STAFF AT CJB	23	24
27 MEMORIAL DAY NCD	28	29	30	31

"This institution is an equal opportunity provider."