



January 2023

WEST ELEMENTARY SCHOOL LUNCH MENU

**SERVED DAILY
WITH EVERY
MEAL**

**Fruits &
Vegetables
Choices:**

Apples, Oranges,
Bananas 100% Fruit
Juice Baby Carrots
Celery Sticks

Milk Choices:

1% Plain Fat Free Fat
Free Chocolate

Whole Grain Bread,
Roll, or Crackers

All Lunches
Must Include
Choice of: Fruits
and/or
Vegetable And
May Include:
1% Low-Fat Milk

**Menus are subject
change.**

Due to continued
manufacturing issues,
there may be substitutes
on occasion. We apologize
in advance for any
inconvenience

	MON	TUES	WED	THURS	FRI
NO SCHOOL	² CHICKEN PATTY ON A ROLL Cheese Filled Breadsticks With Sauce Turkey & Cheese Sandwich Baked Beans Vegetable-Fruit	⁴ CHICKEN TENDERS Fish Sticks w/Roll Ham & Cheese Wrap Baked Tater Tots Vegetable-Fruit	⁵ Chicken Nuggets w/WG Roll Cheeseburger Ham & Ch.Sand. Golden Corn Fruit	⁶ CHEESE PIZZA HOT DOG ON A WG ROLL Bologna & Ch. Sand. Vegetable-Fruit	
⁹ Fish Sticks w/Roll Chicken Patty On a Roll Turkey & Cheese Sub Baked Beans Fruit	¹⁰ FRENCH TOAST STICKS WITH SAUSAGE BBQ Riblet on a Roll Ham & Cheese Sandwich Baked Tater Tots Fruit	¹¹ CHICKEN PATTY ON A ROLL Hamburger on a roll Chicken Caesar Salad Green Beans Fruit	¹² WALKING TACO Hot Dog On a Roll Turkey & Cheese Sandwich Golden Corn Fruit	¹³ CHICKEN NUGGETS Bread Slice Cheese Pizza Ham & Cheese Wrap Sliced Carrots Fruit	
¹⁶ MARTIN LUTHER KING DAY	¹⁷ Fish Sticks w/Roll Chicken Patty on a roll Turkey & Cheese Sandwich Sliced Carrots Fresh Fruit	¹⁸ CHICKEN NUGGETS With Bread Slice Hot Dog On a Roll American Chef Salad Baked Beans Fruit	¹⁹ BEEF NACHOS Cheeseburger Ham & Cheese Sandwich Golden Corn Fruit	²⁰ CHEESE PIZZA Mini Corn Dog Turkey & Cheese Wrap Green Beans Fruit	
²³ CHEESEBURGER Fish Sticks w/Roll Ham & Cheese Sandwich Baked Beans Fruit	²⁴ MEATBALL SUB CHICKEN NUGGETS Bread Turkey & Cheese Sandwich Green Beans Fruit	²⁵ CHICKEN PATTY Hot Dog on a Roll Diced Chicken & Cheese Salad Steamed Carrots Fruit	²⁶ CHICKEN NUGGETS With Bread Slice BBQ Riblet on a Roll Ham & Cheese Sandwich Golden Corn Fruit	²⁷ CHEESE PIZZA Chicken Patty Sand. HAM & CHEESE WRAP Vegetable-Fruit	
PEPPERONI AND CHEESE STICK Cheeseburger Turkey & Cheese Sub Baked Tater Tots Fruit	²⁸ POPCORN CHICKEN BITES w/ Bread Hot Dog Ham & Cheese Sandwich Baked Beans Fruit	ALL COMPLETE MEALS ARE FREE FOR ALL STUDENTS	<i>Happy New Year</i>		

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To make a complete meal, students must select foods from at least 3 different food groups with one of the items being a ½ cup fruit, ½ cup vegetable or a 4 oz. fruit juice. Students may select up to 1 cup of vegetables but only ½ c fruit or 100% juice. Meals without a fruit or vegetable will be charged a la carte pricing.



This institution is an equal opportunity providers

