



# February 2023

## WEST ELEMENTARY SCHOOL LUNCH MENU

SERVED DAILY  
WITH EVERY  
MEAL

Fruits &  
Vegetables  
Choices:

Apples, Oranges,  
Bananas, Fruit Cups,  
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

MON	TUES	WED	THURS	FRI
		CHICKEN TENDERS Grilled Cheese Ham & Cheese Wrap Baked Tater Tots Fresh Vegetable	Early Dismissal <sup>2</sup>  Bag Lunch Available	<sup>3</sup> Early Dismissal  Bag Lunch Available
<sup>6</sup> WARM HAM & CHEESE ON A ROLL Chicken Nuggets w/Roll Turkey & Cheese Sub Baked Beans Fresh Vegetable	<sup>7</sup> FRENCH TOAST STICKS WITH SAUSAGE Hamburger Ham & Cheese Sandwich Baked Tater Tots Fresh Vegetable	<sup>8</sup> CHICKEN PATTY ON A ROLL BBQ Rib on a roll Chicken Caesar Salad Green Beans Fresh Vegetable	<sup>9</sup> WALKING TACO Hot Dog On a Roll Turkey & Cheese Sandwich Golden Corn Fresh Vegetable	<sup>10</sup> CHICKEN NUGGETS Bread Slice Cheese Pizza Ham & Cheese Wrap Sliced Carrots Fresh Vegetable
<sup>13</sup> CHICKEN PATTY ON A ROLL Cheese Breadsticks W/sCE With Sauce Turkey & Cheese Sandwich Baked Beans Fresh Vegetable	<sup>14</sup> FISH STICKS W/ROLL Chicken Patty on a roll Turkey & Cheese Sandwich Sliced Carrots Fresh Vegetable	<sup>15</sup> CHICKEN NUGGETS With Bread Slice Hot Dog On a Roll American Chef Salad Baked Beans Fresh Vegetable Juice	<sup>16</sup> BEEF NACHOS Cheeseburger Ham & Cheese Sandwich Golden Corn Fresh Vegetable	<sup>17</sup> CHEESE PIZZA Mini Corn Dog Turkey & Cheese Wrap Green Beans Fresh Vegetable
<sup>20</sup> PRESIDENTS DAY	<sup>21</sup> MEATBALL SUB CHICKEN NUGGETS Bread Turkey & Cheese Sandwich Green Beans Fresh Vegetable	<sup>22</sup> Fish Sticks w/roll Hot Dog on a Roll Chicken & Ch. Salad Steamed Carrots Fresh Vegetable	<sup>23</sup> CHICKEN NUGGETS With Bread Slice BBQ Riblet on a Roll Ham & Cheese Sandwich Golden Corn Fresh Vegetable	Pepperoni Pizza Fish Sticks w/Roll HAM & CHEESE WRAP Fresh Celery & Carrot Mix
<sup>27</sup> PEPPERONI AND CHEESE STICK Cheeseburger Turkey & Cheese Sub Baked Tater Tots Fresh Vegetable	<sup>28</sup> POPCORN CHICKEN BITES w/ Bread Hot Dog Ham & Cheese Sandwich Baked Beans Fresh Vegetable	<b>ALL COMPLETE MEALS ARE FREE FOR ALL STUDENTS</b>		

Menus are subject  
change.

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

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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

