



# March 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

MON	TUES	WED	THURS	FRI
<p><b>ALL COMPLETE MEALS ARE FREE FOR ALL STUDENTS</b></p>		<p><b>CHICKEN TENDERS w/Roll</b><sup>1</sup> Grilled Cheese Popcorn Chicken Salad Baked Tater Tots Fresh Vegetable Applesauce</p>	<p><b>BEEF NACHOS</b><sup>2</sup> Chicken Patty Sand. Ham &amp; Cheese Sandwich Golden Corn Fresh Fruit Fresh Vegetable</p>	<p><b>CHEESE PIZZA</b><sup>3</sup> Chicken Nuggets w/ Bread Slice Ham &amp; Cheese Wrap Fresh Vegetable Sliced Apples</p>
<p><b>WARM HAM &amp; CHEESE ON A ROLL</b> Chicken Patty Sand. Turkey &amp; Cheese Sand. Baked Beans Berry Applesauce Fresh Vegetable</p>	<p><b>FRENCH TOAST STICKS WITH SAUSAGE</b> BBQ Riblet On a Roll Turkey &amp; Cheese Sub Baked Tater Tots Fresh Vegetable Fruit Mix</p>	<p><b>CHICKEN PATTY ON A ROLL</b> Hamburger on a roll Chicken Caesar Salad Green Beans Fresh Vegetable Fresh Fruit</p>	<p><b>Meatball Sub</b><sup>9</sup> Hot Dog On a Roll Turkey &amp; Cheese Sand. Golden Corn Sliced Apples Fresh Vegetable</p>	<p><b>CHEESE PIZZA</b><sup>10</sup> Chicken Nuggets w/ Bread Slice Turkey &amp; Cheese Wrap Sliced Carrots Fresh Fruit Fresh Vegetable</p>
<p><b>CHICKEN PATTY SAND</b><sup>14</sup> Pizza Sticks w/Sauce Ham &amp; Cheese on a roll Baked Beans Diced Pears Fresh Vegetables</p>	<p><b>BAKED CHEESE STICKS W/SAUCE</b> Chicken Patty on a roll Ham &amp; Cheese Sand. Sliced Carrots Fresh Fruit Fresh Vegetable</p>	<p><b>CHICKEN NUGGETS With Bread Slice</b><sup>15</sup> Hot Dog On a Roll American Chef Salad Baked Beans Applesauce Fresh Vegetable</p>	<p><b>Fish Sticks w/Roll</b><sup>16</sup> Cheeseburger Ham &amp; Cheese on a Roll Golden Corn Sliced Peaches Fresh Vegetable</p>	<p><b>CHEESE PIZZA</b><sup>17</sup> Mini Corn Dog Ham &amp; Cheese Wrap Green Beans Sliced Apples Fresh Vegetable</p>
<p><b>CHICKEN TENDERS/Bread</b><sup>20</sup> Hamburger on a Roll American Hoagie Baked Beans Fresh Vegetable Fresh Fruit</p>	<p><b>MEATBALL SUB</b><sup>21</sup> Chicken Nuggets/Bread American Hoagie Green Beans Fresh Vegetable Apple Slices</p>	<p><b>Hot Dog on a Bun</b><sup>22</sup> Chicken Patty /Bread Popcorn Chicken Salad Sliced Carrots Fresh Vegetable Fresh Fruit</p>	<p><b>BEEF NACHOS</b><sup>23</sup> Cheeseburger American Hoagie Golden Corn Fresh Vegetable Diced Peaches</p>	<p><b>BREADED FISH STICKS</b><sup>24</sup> Hot Dog on a Roll American Hoagie Baked Tater Tots Fresh Vegetable Apple Slices</p>
<p><b>PEPPERONI AND CHEESE STICK</b><sup>27</sup> Cheeseburger Turkey &amp; Cheese Sub Baked Tater Tots Fresh Vegetable Diced Pears</p>	<p><b>Grilled Cheese Sandwich</b><sup>28</sup> Chicken Patty/Roll Turkey &amp; Cheese Sub Sweet Peas Fresh Vegetable Fresh Fruit</p>	<p><b>POPCORN CHICKEN BITES w/ Bread</b><sup>29</sup> Hot Dog Turkey &amp; Ch.Sand. Baked Beans Fresh Vegetable Apple Slices</p>	<p><b>CHICKEN NUGGETS With Bread Slice</b><sup>30</sup> BBQ Riblet on a Roll Turkey &amp; Cheese Sub Golden Corn Fresh Vegetable Fruit Mix</p>	<p><b>CHEESE PIZZA</b><sup>31</sup> <b>Chicken Tenders w/Roll</b> Turkey &amp; Cheese Wrap Fresh Vegetable Apple Slices</p>

Entrees to Choose From Include  
2 Hot Choices Or 1 Cold Choice with Vegetable, Fruit & Milk

**Menus are subject to change.**

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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 provider