



# May 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

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

**Menus are  
subject  
change.**

MON	TUES	WED	THURS	FRI
<b>FISHSTICKS</b> <sup>1</sup> <b>W/BREADS</b> Chicken Patty Sand. Bologna Sandwich Vegetable & Fruit	<b>HAMBURGER</b> <sup>2</sup> Chicken Tenders <b>w/Roll</b> Bologna Sandwich Vegetable & Fruit	<b>HOT DOG ON A BUN</b> <sup>3</sup> Chicken Patty Sand. Popcorn Chicken Salad Vegetable & Fruit	<b>BEEF NACHOS</b> <sup>4</sup> Chicken Nuggets <b>w/Roll</b> Turkey & Ch. Sand. Vegetable & Fruit	<b>CHEESE PIZZA</b> <sup>5</sup> Chicken Nuggets <b>w/bread</b> Turkey & Ch. Sand Vegetable & Fruit
<b>BKD. CHEESE STICKS</b> <sup>8</sup> <b>W/SAUCE</b> Chicken Patty on a roll Ham & Ch. Sandwich Vegetable & Fruit	<b>FRENCH TOAST STICKS</b> <sup>9</sup> <b>WITH SAUSAGE</b> Chicken Patty on a roll Ham & Ch. Sandwich Vegetable & Fruit	<b>CHEESEBURGER</b> <sup>10</sup> <b>OR</b> Fishsticks w/roll Chicken Caesar Salad Vegetable & Fruit	<b>WALKING TACO</b> <sup>11</sup> Chicken Patty on a roll Turkey & Ch. Sand. Vegetable & Fruit	<b>FUN DAY</b> <sup>12</sup>
<b>CHICKEN</b> <sup>15</sup> <b>TENDERS/Bread</b> <b>HAMBURGER</b> Bologna & Ch. Sand Vegetable & Fruit	<b>MEATBALL SUB</b> <sup>16</sup> <b>OR</b> Brd.Fish Sticks <b>w/Roll</b> Bologna & Ch. Sand. Vegetable & Fruit	<b>HOT DOG ON A ROLL</b> <sup>17</sup> Chicken Patty w/Roll Popcorn Chicken Salad Vegetable & Fruit	<b>BEEF NACHOS</b> <sup>18</sup> <b>OR</b> <b>HAMBURGER</b> Turkey & Ch. Sand. Vegetable & Fruit	<b>CHEESE PIZZA</b> <sup>19</sup> <b>OR</b> Chicken Tenders <b>wRoll</b> Turkey & Ch. Wrap Vegetable & Fruit
<b>WARM HAM &amp;</b> <sup>22</sup> <b>CHEESE ON A ROLL</b> <b>OR</b> <b>CHEESEBURGER</b> Ham & Ch.Sandwich Vegetable & Fruit	<b>PIZZA STICKS</b> <sup>23</sup> <b>W/ SAUCE</b> <b>OR</b> <b>CHEESEBURGER</b> Ham & Ch. Sandwich Vegetable & Fruit	<b>CHICKEN NUGGETS</b> <sup>24</sup> With Bread Slice <b>Hot Dog</b> Chicken Caesar Salad Vegetable & Fruit	<b>WALKING TACO</b> <sup>25</sup> <b>CHEESEBURGER</b> Turkey & Ch. Sand Vegetable & Fruit	<b>CHEESE PIZZA</b> <sup>26</sup> Brd.Fish Sticks <b>w/Roll</b> Turkey & Ch. Wrap Vegetable & Fruit
 <sup>29</sup>	<b>POPCORN CHICKEN</b> <sup>30</sup> <b>BITES w/ Bread</b> <b>HOT DOG ON A BUN</b> Chef Salad Vegetable & Fruit	<b>PEPPERONI AND</b> <sup>31</sup> <b>CHEESE STICK</b> Cheeseburger Chef's Salad Vegetable & Fruit	<b>ALL MEALS ARE</b> <b>FREE FOR ALL</b> <b>STUDENTS</b>	

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

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.