

21 Day Cycle Lunch Menu

WSSD Schools Grade K -5

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Patty Sandwich Sweet Potato Fries Lettuce, Tomato and Pickles Fresh Fruit Choice of Milk (1% White, Fat Free Chocolate)	2 Cheesy Breadsticks W/ Marinara Cucumbers Sliced w/ Dip Mozzarella Tomato Salad Mixed Fruit Choice of Milk (1% White, Fat Free Chocolate)	3 Philly Cheese Steak Oven Baked French Fries Broccoli Florets Diced Pears Graham Crackers Choice of Milk (1% White, Fat Free Chocolate)	4 Grilled Cheese Sandwich Tomato Soup / Crackers Celery Sticks / FF Dip Goldfish Crackers Assorted 100% Fruit Juice Applesauce Choice of Milk (1% White, Fat Free Chocolate)	5 Turkey Nachos/Cheese Refried Beans Salsa Shredded Lettuce & Tomato Fresh Fruit Choice of Milk (1% White, Fat Free Chocolate)
6 Popcorn Chicken & Mashed Potato Bowl Dinner Roll Sweet Corn Broccoli Florets Peaches Choice of Milk (1% White, Fat Free Chocolate)	7 Meatball Sub Oven Baked French Fries Baby Carrots Applesauce Choice of Milk (1% White, Fat Free Chocolate)	8 Cheese Pizza Seasoned Petite Peas Caesar Salad / LF Dressing Fresh Fruit Choice of Milk (1% White, Fat Free Chocolate)	9 Pancakes & Sausage Patty Tater Tots Baby Carrots Petite Banana Assorted 100% Fruit Juice Choice of Milk (1% White, Fat Free Chocolate)	10 Chicken Wings / FF Ranch Dressing Dinner Roll Baked Beans Celery Sticks / FF Dip Fresh Local Apple Pretzel Nuggets Choice of Milk (1% White, Fat Free Chocolate)
11 Macaroni & Cheese/ Bread Stick Seasoned Broccoli Grape Tomato Salad Fresh Fruit Assorted 100% Fruit Juice Choice of Milk (1% White, Fat Free Chocolate)	12 Philly Cheese Steak Sandwich Garden Salad / LF Dressing Oven Baked Sweet Potatoes Sliced Cucumbers / Dip Choice of Milk (1% White, Fat Free Chocolate)	13 Pepperoni Pizza Seasoned Green Beans Mixed Green Salad/ LF Dressing Assorted 100% Fruit Juice Fresh Grapes Choice of Milk (1% White, Fat Free Chocolate)	14 Turkey Tacos/Shredded Cheese Roasted Corn Black Bean Salad Salsa Fruit Cup Choice of Milk (1% White, Fat Free Chocolate)	15 General Tso Chicken over Rice Sauteed Mixed Vegetables Celery Sticks / FF Dressing Dinner Roll Pineapple Tidbits Goldfish Crackers
16 Hamburger /Cheese on Bun Oven Baked French Fries Hickory Baked Beans Fresh Fruit Choice of Milk (1% White, Fat Free Chocolate)	17 French Toast Sticks W/ Sausage Patty Tater tots Red Pepper Strips / FF Dip Assorted 100% Fruit Juice Orange Slices Choice of Milk (1% White, Fat Free Chocolate)	18 French Bread Pizza Spinach Salad / LF Dressing Fresh Baby Carrots Applesauce Choice of Milk (1% White, Fat Free Chocolate)	19 Fish Sticks Stewed Tomatoes Dinner Roll Garden Salad / LF Dressing Fresh Grapes Goldfish Crackers Choice of Milk (1% White, Fat Free Chocolate)	20 Chicken Nuggets w/ Sauces Dinner Roll Seasoned Green Beans Marinated Tomato Salad Assorted 100% Fruit Juice Van. or Choc. Pudding Choice of Milk (1% White, Fat Free Chocolate)
21 Spaghetti & Meatballs Caesar Salad / LF Dressing Garlic Breadstick Fresh Baby Carrots Assorted 100% Fruit Juice Choice of Milk (1% White, Fat Free Chocolate)				

21 Day Cycle Lunch Menu

WSSD 6-8 Grades

Monday	Tuesday	Wednesday	Thursday	Friday
1 BBQ Rib Sandwich Baked Beans Sweet Potato Tots Broccoli Florets Fresh Fruit Choice of Milk (1% White, Fat Free Chocolate)	2 Turkey Nachos/ Cheese/Salsa Refried Beans Roasted Corn Shredded Lettuce & Tomato Diced Fruit Choice of Milk (1% White, Fat Free Chocolate)	3 French Toast Sticks W/ Sausage Hash Brown Sliced Cucumbers / FF Dip Sliced Oranges Assorted 100% Fruit Juice Choice of Milk (1% White, Fat Free Chocolate)	4 Cheesy Breadsticks / Marinara Sauce Raw Veggie Tray / FF Dip Assorted 100% Fruit Juice Petite Banana Choice of Milk (1% White, Fat Free Chocolate)	5 Chicken Wings / FF Ranch Dressing Dinner Roll Coleslaw Celery Sticks / FF Dip Fresh Local Apple Pretzel Nuggets Choice of Milk (1% White, Fat Free Chocolate)
6 Chicken Fajita w/ Onions & Peppers Black Bean Salad Herb Rice Fresh Baby Carrots Fresh Fruit Cup Choice of Milk (1% White, Fat Free Chocolate)	7 Hot Dog on Bun Macaroni & Cheese Stewed Tomatoes Broccoli Florets Diced Pears Choice of Milk (1% White, Fat Free Chocolate)	8 Philly Cheese Steak Bar Oven Baked French Fries Celery Sticks / FF Dip Fresh Grapes Choice of Milk (1% White, Fat Free Chocolate)	9 Pancakes & Sausage Patty Tater Tots Petite Banana Assorted 100% Fruit Juice Choice of Milk (1% White, Fat Free Chocolate)	10 Popcorn Chicken & Mashed Potatoes Roasted Corn Honey Biscuit Graham Crackers Diced Fruit Choice of Milk (1% White, Fat Free Chocolate)
11 Pasta w/ Meat Sauce Garlic Bread Garden Salad / LF Dressing Sliced Cucumber / FF Dip Fresh Fruit Choice of Milk (1% White, Fat Free Chocolate)	12 BBQ Chicken w/ Biscuit Oven Baked French Fries Vegetable Crudite / FF Dip Applesauce Assorted 100% Fruit Juice Choice of Milk (1% White, Fat Free Chocolate)	13 General Tso Chicken / Rice Seasoned Broccoli Dinner Roll White Bean Salad Pineapple Tidbits Choice of Milk (1% White, Fat Free Chocolate)	14 Chicken Nuggets W/ Sauces Tater Tots Baby Carrots Pretzel Nuggets Sliced Apples Choice of Milk (1% White, Fat Free Chocolate)	15 Fish Sticks W/ Mac & cheese Cole Slaw Breadsticks Grape Tomato Salad Fresh fruit Choc. & Van. Pudding Choice of Milk (1% White, Fat Free Chocolate)
16 Chicken Pattie Sandwich Lettuce, Tomato, and Pickle Tater Tots Sliced Cucumbers / FF Dip Graham Crackers Diced Fruit Choice of Milk (1% White, Fat Free Chocolate)	17 Turkey Tacos Shredded Lettuce and Tomatoes Roasted Corn Salsa & Black Bean Salad Churros Fresh Fruit Choice of Milk (1% White, Fat Free Chocolate)	18 Waffles W/ Sausage Hash Brown Warm Mini Bagel / Jelly Assorted 100% Fruit Juice Sliced Oranges Choice of Milk (1% White, Fat Free Chocolate)	19 Grilled Cheese Sandwich Tomato Soup Goldfish Crackers Celery & Cucumber Sticks / FF Dip Applesauce Choice of Milk (1% White, Fat Free Chocolate)	20 Meatball Sub Oven Baked Potato Wedges Seasoned Broccoli Sliced Cucumbers / FF Dip Fresh Grapes Choice of Milk (1% White, Fat Free Chocolate)
21 Hamburger Bar / Cheese Sweet Potato Tots Lettuce, Tomato, and Pickle Corn Salad Applesauce Choice of Milk (1% White, Fat Free Chocolate)				