

# 21 Day Cycle Lunch Menu

## WSSD HIGH SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday
1 Buffalo Ranch Chicken Quesadilla Sour Cream & Salsa Fresh Baby Carrots / FF Dip Sliced Red Peppers Diced Peaches Choice of Milk (1% White, Fat Free Chocolate)	2 Mashed Potato Chicken Bowl W/ Gravy Seasoned Corn Honey Biscuit Celery sticks / FF Dip Applesauce Choice of Milk (1% White, Fat Free Chocolate)	3 Hamburger with assorted toppings Dinner roll Oven Baked French Fries Cole Slaw Assorted 100% Fruit Juice Sliced Apples Choice of Milk (1% White, Fat Free Chocolate)	4 Cheesy Breadsticks W/ Marinara Caesar Salad / LF Dress. Sliced Cucumbers / FF Dip Fresh fruit Choice of Milk (1% White, Fat Free Chocolate)	5 Turkey Nachos W/ Toppings Roasted Corn Lettuce & Tomato Cup Refried Beans Fresh Fruit Choice of Milk (1% White, Fat Free Chocolate)
6 Chicken Fillet on a Bun Oven Baked Potato Wedges Lettuce, Tomato, & Pickles Assorted 100% Fruit Juice Fresh Fruit Choice of Milk (1% White, Fat Free Chocolate)	7 Meatball Sub / Cheese Seasoned Green Beans Oven Baked French Fries Fresh Grapes Choice of Milk (1% White, Fat Free Chocolate)	8 Pepperoni Pizza Roasted Zucchini with Parmesan Cheese Caesar Salad / LF Dressing Sliced Apples Choice of Milk (1% White, Fat Free Chocolate)	9 Pancakes & Sausage Hash browns Baby Carrots / FF Dip Assorted 100% Fruit Juice Sliced Oranges Choice of Milk (1% White, Fat Free Chocolate)	10 Chili & Cheese Hot Dog Baked Beans Celery Sticks / FF Dip Diced Fruit Goldfish Crackers Choice of Milk (1% White, Fat Free Chocolate)
11 Macaroni & Cheese Bar Dinner Roll Stewed Tomatoes Petite Peas Sliced Apples Choice of Milk (1% White, Fat Free Chocolate)	12 Philly Cheese Steak / Onions Oven Baked Seasoned Potato Wedges Red Pepper Strips / FF Dip Diced Fruit Choice of Milk (1% White, Fat Free Chocolate)	13 Homemade Stromboli Garden Salad / LF Dress. Raw Veggie Tray / FF Dip Assorted 100% Fruit Juice Fruit Cup Choice of Milk (1% White, Fat Free Chocolate)	14 Turkey Taco Bar/Salsa Mexican Corn Black Bean Salad Corn Muffin Fresh Grapes Choice of Milk (1% White, Fat Free Chocolate)	15 General Tso Chicken Over Brown Rice Seasoned Broccoli Celery Sticks / FF Dip Pineapple Tidbits Choice of Milk (1% White, Fat Free Chocolate)
16 Spicy Pulled Pork Sliders Baked Beans Raw Veggies / FF Dip Fresh Fruit Graham Crackers Choice of Milk (1% White, Fat Free Chocolate)	17 French Toast Sticks W/ Turkey Sausage Tater tots Celery Sticks/FF Dip Petite Banana Assorted 100% Fruit Juice Choice of Milk (1% White, Fat Free Chocolate)	18 French Bread Pizza Seasoned Peas Spinach Salad / LF Dress. Applesauce Assorted 100% Fruit Juice Choice of Milk (1% White, Fat Free Chocolate)	19 Baked Pasta Entree Garlic Toast Roasted Butternut Squash Caesar Salad / LF Dress. Fresh Fruit Choice of Milk (1% White, Fat Free Chocolate)	20 BBQ Chicken Honey Biscuit Corn on the Cob Spinach Salad / LF Dressing Choice of Milk (1% White, Fat Free Chocolate)
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