

Walsh / Reed / Ludwig

MEAL PRICING:

Elementary Lunch	\$2.90
Reduced Lunch	\$0.40
Adult Lunch	\$3.65
Milk Only	\$0.50

LUNCH MENU School Year 2018 - 19

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	*Pasta w/ Meat Sauce *Hot Vegetable *Celery Sticks	*Chicken Nuggets *Baked Beans *Grape Tomatoes	*Pancakes & Sausage *Hashbrowns *Veggie Juice	*Wild Mike's Cheese Pizza *Garden Salad *Carrots Sticks	*Hot dog w/ Bun *Tater Tots *Fresh Vegetable
2	*Waffles *Sausage *Hashbrowns *Veggie Juice	*Mandarin Chicken *Rice *Sweet Corn *Fresh Vegetable	*Nacho's El Grande *Refried Beans *Salsa Cup	*Wild Mike's Cheese Pizza *Green Beans *Fresh Vegetable	*Wild Mike's Bites *Garden Salad *Carrot Sticks
3	*Meatloaf *Hot Vegetable *Carrot Sticks	*Chicken Tenders *Baked Beans *Fresh Vegetable	*Pancakes & Sausage *Hashbrowns *Veggie Juice	*Wild Mike's Cheese Pizza *Garden Salad *Cucumber Slices	*Cheeseburger *Baked Fries *Grape Tomatoes
4	*Pillsbury filled Crescent Roll *Sausage *Hashbrowns *Veggie Juice	*Chicken Patty w/ bun *Green Beans *Fresh Vegetable	*Walking Taco *Refried Beans *Salsa Cup	*Wild Mike's Cheese Pizza *Sweet Corn *Grape Tomatoes	*Fish Sticks *Garden Salad *Carrot Sticks

OTHER DAILY SELECTIONS:

Choice of Milk
1% White
Fat Free Chocolate

Yogurt Lunch

Choice of assorted fresh fruit & vegetables

Menu subject to change

Nutrition Bites:

Lunch is an important source of key food groups and nutrients including vegetables and protein with a quarter of daily energy coming from lunch

This institution is and equal opportunity provider

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



Week 1 Meal Plan



Week 2 Meal Plan



Week 3 Meal Plan



Week 4 Meal Plan