

WMS Menu April 2024

Offered Daily

Bean & Cheese Burrito-wg
 Variety of Fresh Vegetables

At least 1 Fresh Fruit Offered daily:
 Apples, Oranges, Kiwi, Grapes,
 Melon, Seasonal Fruit

3 of the Following Canned Fruit
 Choices: Peaches, Pineapple,
 Mixed Fruit, Applesauce, Pears,
 Mandarin Oranges

Milk: White 1%, Chocolate Non-Fat

All grains are whole grain.

Every Lunch Includes:

1. Fruit-1 Cup
2. Vegetable-1 Cup
3. Grain-1 to 2 Ounces
4. Protein-2 to 4 Ounces
5. Dairy-8 Ounces

You may have all 5 categories, but
 may take as few as 3. One of your 3 to
 5 items **MUST** be a fruit or vegetable.

**Save time & money! No Fees
 for Food Service online De-
 positing!**

Visit
www.washington.k12.mo.us

*Click on Online Payments under Quick
 Links and follow the prompts.*

Monday	Tuesday	Wednesday	Thursday	Friday
1 NO SCHOOL	2 General Tso Chicken Chicken Patty on Bun Brown Rice Broccoli Variety Grab & Go Salads Cookie	3 Chicken Tenders Pulled Pork on Bun Tater Tots Baked Beans Variety Grab & Go Salads	4 Domino's Pizza-Cheese or Pepperoni Turkey Club on Bun Mac & Cheese Zucchini Variety Grab & Go Salads Brownie	5 Queso Beef Nachos Chicken Patty on Bun Mexican Rice Corn Variety Grab & Go Salads
8 Wing Dings BBQ Burger on Bun California Vegetables French Fries Variety Grab & Go Salads	9 Variety Pizza Chicken Patty on Bun Potato Wedges Glazed Carrots Variety Grab & Go Salads Cookie	10 Toasted Ravioli Chicken Pasta Alfredo Vegetable Medley Au Gratin Potatoes Variety Grab & Go Salads	11 Domino's Pizza-Cheese or Pepperoni Crispy Chicken Wrap Corn Variety Grab & Go Salads Edible Cookie Dough	12 Taco in a Bag Dilly-fil-a Chicken Sandwich Mexican Rice Vegetable Medley Variety Grab & Go Salad
15 Chicken Fried Chicken Cheeseburger on Bun Mashed Potatoes Green Beans Variety Grab & Go Salads Biscuit	16 General Tso Chicken Chicken Patty on Bun Brown Rice Broccoli Variety Grab & Go Salads Cookie	17 Chicken Tenders Pulled Pork on Bun Tater Tots Baked Beans Variety Grab & Go Salads	18 Domino's Pizza-Cheese or Pepperoni Turkey Club on Bun Mac & Cheese Zucchini Variety Grab & Go Salads Rice Krispy Treat	19 NO SCHOOL PD DAY FOR STAFF
22 Wing Dings BBQ Burger on Bun California Vegetables French Fries Variety Grab & Go Salads	23 Variety Pizza Chicken Patty on Bun Potato Wedges Glazed Carrots Variety Grab & Go Salads Cookie	24 Toasted Ravioli Chicken Pasta Alfredo Vegetable Medley Au Gratin Potatoes Variety Grab & Go Salads	25 Domino's Pizza-Cheese or Pepperoni Crispy Chicken Wrap Corn Variety Grab & Go Salads Brownie	26 Taco in a Bag Dilly-fil-a Chicken Sandwich Mexican Rice Vegetable Medley Variety Grab & Go Salad
29 Chicken Fried Chicken Cheeseburger on Bun Mashed Potatoes Green Beans Variety Grab & Go Salads Biscuit	30 General Tso Chicken Chicken Patty on Bun Brown Rice Broccoli Variety Grab & Go Salads Cookie	1 Chicken Tenders Pulled Pork on Bun Tater Tots Baked Beans Variety Grab & Go Salads	2 Domino's Pizza-Cheese or Pepperoni Turkey Club on Bun Mac & Cheese Zucchini Variety Grab & Go Salads Rice Krispy Treat	3 Queso Beef Nachos Chicken Patty on Bun Mexican Rice Corn Variety Grab & Go Salads

"This institution is an equal opportunity provider."