

# WMS Menu February 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](http://www.washington.k12.mo.us)

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

| Monday  | Tuesday   | Wednesday  | Thursday  | Friday   |
|---|---|--|---|--|
| 29<br>Chicken Fried Chicken<br>Cheeseburger on Bun<br>Mashed Potatoes<br>Green Beans<br>Variety Grab & Go Salads<br>Biscuit | 30<br>General Tso Chicken<br>Chicken Patty Club<br>Brown Rice<br>Broccoli<br>Variety Grab & Go Salads<br>Cookie | 31<br>Bosco Sticks<br>Ham & Cheese on Pretzel Bun<br>Tater Tots<br>Baked Beans<br>Variety Grab & Go Salads           | 1<br>Domino's Pizza-Cheese or Pepperoni<br>Turkey Club on Bun<br>Mac & Cheese<br>Zucchini<br>Variety Grab & Go Salads<br>Brownie  | 2<br>Queso Beef Nachos<br>Chicken Patty on Bun<br>Mexican Rice<br>Corn<br>Variety Grab & Go Salads                                       |
| 5<br>Wing Dings<br>BBQ Burger on Bun<br>California Vegetables<br>French Fries<br>Variety Grab & Go Salads                   | 6<br>Variety Pizza<br>Chicken Patty Club<br>Potato Wedges<br>Peas<br>Variety Grab & Go Salads<br>Cookie         | 7<br>Toasted Ravioli<br>Chicken Pasta Alfredo<br>Vegetable Medley<br>Au Gratin Potatoes<br>Variety Grab & Go Salads  | 8<br>Domino's Pizza-Cheese or Pepperoni<br>Crispy Chicken Wrap<br>Corn<br>Variety Grab & Go Salads<br>Managers Choice Dessert     | 9<br>Taco in a Bag<br>Dilly-fil-a Chicken Sandwich<br>Mexican Rice<br>Vegetable Medley<br>Variety Grab & Go Salads                       |
| 12<br>Chicken Fried Chicken<br>Cheeseburger on Bun<br>Mashed Potatoes<br>Green Beans<br>Variety Grab & Go Salads<br>Biscuit | 13<br>General Tso Chicken<br>Chicken Patty Club<br>Brown Rice<br>Broccoli<br>Variety Grab & Go Salads<br>Cookie | 14<br>Bosco Sticks<br>Ham & Cheese on Pretzel Bun<br>Tater Tots<br>Baked Beans<br>Variety Grab & Go Salads           | 15<br>Domino's Pizza-Cheese or Pepperoni<br>Turkey Club on Bun<br>Mac & Cheese<br>Zucchini<br>Variety Grab & Go Salads<br>Brownie | 16<br><b>NO SCHOOL<br/>                     PROFESSIONAL<br/>                     DEVELOPMENT DAY<br/>                     FOR STAFF</b> |
| 19<br><b>NO SCHOOL<br/>                     PRESIDENTS' DAY</b>   | 20<br>Variety Pizza<br>Chicken Patty Club<br>Potato Wedges<br>Peas<br>Variety Grab & Go Salads<br>Brownie       | 21<br>Toasted Ravioli<br>Chicken Pasta Alfredo<br>Vegetable Medley<br>Au Gratin Potatoes<br>Variety Grab & Go Salads | 22<br>Domino's Pizza-Cheese or Pepperoni<br>Crispy Chicken Wrap<br>Corn<br>Variety Grab & Go Salads<br>Managers Choice Dessert    | 23<br>Taco in a Bag<br>Dilly-fil-a Chicken Sandwich<br>Mexican Rice<br>Vegetable Medley<br>Variety Grab & Go Salads                      |
| 26<br>Chicken Fried Chicken<br>Cheeseburger on Bun<br>Mashed Potatoes<br>Green Beans<br>Variety Grab & Go Salads<br>Biscuit | 27<br>General Tso Chicken<br>Chicken Patty Club<br>Brown Rice<br>Broccoli<br>Variety Grab & Go Salads<br>Cookie | 28<br>Bosco Sticks<br>Ham & Cheese on Pretzel Bun<br>Tater Tots<br>Baked Beans<br>Variety Grab & Go Salads           | 29<br>Domino's Pizza-Cheese or Pepperoni<br>Turkey Club on Bun<br>Mac & Cheese<br>Zucchini<br>Variety Grab & Go Salads<br>Brownie | 1<br>Queso Beef Nachos<br>Chicken Patty on Bun<br>Mexican Rice<br>Corn<br>Variety Grab & Go Salads                                       |

*"This institution is an equal opportunity provider."*