

WHS LUNCH
March 2024

Offered Daily

Peanut Butter & Jelly
 Bean & Cheese Burrito
 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 grain items 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
26 Spicy Wing Dings Italian Sub Cheeseburger on Bun Glazed Carrots Baked Beans Caesar Salad w/Chix	27 Chicken Alfredo Chicken & Cheese on Bun Smart Mouth Pizza-Variety Bread Stick Broccoli Potato Wedges BLT Salad	28 Toasted Ravioli Spicy Chicken on Bun Smart Mouth Pizza-Variety Green Beans Macaroni & Cheese Crispy Chicken Salad Rice Krispy Treat	29 Taco in a bag/Soft Shell Taco Southwest Chix Wrap Smart Mouth Pizza-Variety Mexican Rice Corn Cobb Salad w/Chicken	1 Bosco Sticks Dilly Chicken Sandwich Cheesy Fish Sandwich Big Soft Pretzel w/Cheese Vegetable Medley Pasta Marinara SW Chix Salad Cookie
4 Wing Dings Chicken Sandwich Bacon Cheeseburger on Bun Glazed Carrots Baked Beans Caesar Salad w/Chix	5 Chicken Fried Chicken Pulled Pork on Bun Smart Mouth Pizza-Variety Mashed Potatoes/Gravy Green Beans Biscuit BLT Salad	6 Chicken Tenders Ham & Cheese on Pretz Bun Smart Mouth Pizza-Variety Vegetable Medley Au Gratin Potatoes Crispy Chicken Salad Edible Cookie Dough	7 General Tso Chicken Chicken & Cheese on Bun Smart Mouth Pizza-Variety Rice or Penne Pasta Alfredo Broccoli Cobb Salad w/Chicken Cookie	8 NO SCHOOL PROFESSIONAL DEVELOPMENT DAY FOR STAFF
11 Spicy Wing Dings Italian Sub Cheeseburger on Bun Glazed Carrots Baked Beans Caesar Salad w/Chix	12 Chicken Alfredo Chicken & Cheese on Bun Smart Mouth Pizza-Variety Bread Stick Broccoli Potato Wedges BLT Salad	13 Toasted Ravioli Spicy Chicken on Bun Smart Mouth Pizza-Variety Green Beans Macaroni & Cheese Crispy Chicken Salad Cookie	14 Taco in a bag/Soft Shell Taco Southwest Chix Wrap Smart Mouth Pizza-Variety Mexican Rice Corn Cobb Salad w/Chicken	15 Bosco Sticks Dilly Chicken Sandwich Cheesy Fish Sandwich Big Soft Pretzel w/Cheese Vegetable Medley Pasta Marinara SW Chix Salad Rice Krispy Treat
18 Wing Dings Chicken Sandwich Bacon Cheeseburger on Bun Glazed Carrots Baked Beans Caesar Salad w/Chix	19 Chicken Fried Chicken Pulled Pork on Bun Smart Mouth Pizza-Variety Mashed Potatoes/Gravy Green Beans Biscuit BLT Salad	20 Chicken Tenders Ham & Cheese on Pretz Bun Smart Mouth Pizza-Variety Vegetable Medley Au Gratin Potatoes Crispy Chicken Salad Brownie	21 General Tso Chicken Chicken & Cheese on Bun Smart Mouth Pizza-Variety Rice or Penne Pasta Alfredo Broccoli Cobb Salad w/Chicken	22 Queso Beef Nachos Dilly Chicken Sandwich Cheesy Fish Sandwich Big Soft Pretzel w/Cheese Corn Tater Tots SW Chix Salad Cookie
25 NO SCHOOL SPRING BREAK	26 NO SCHOOL SPRING BREAK	27 NO SCHOOL SPRING BREAK	28 NO SCHOOL SPRING BREAK	29 NO SCHOOL SPRING BREAK

"This institution is an equal opportunity provider."