



WCS September 2023 Lunch Menu



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>The required vegetables, fruits, protein, grains, and milk are served with all meals.</p>					1 •No School	2
3	4 •No School •Labor Day	5 •Chicken Strips & French Fries •Fruit, Vegetables, and Milk	6 •Grilled Cheese & Tomato Soup •Fruit, Vegetables, and Milk	7 •Goulash •Fruit, Vegetables, and Milk	8 •Cheese Pizza OR •Pepperoni Pizza •Fruit, Vegetables, and Milk	9
10	11 •Spaghetti •Fruit, Vegetables, and Milk	12 •Chef Salad •Fruit, Vegetables, and Milk	13 •Nachos •Fruit, Vegetables, and Milk	14 •Pancakes & Cottage Cheese •Fruit, Vegetables, and Milk	15 •Hot Dog and Chips •Fruit, Vegetables, and Milk	16
17	18 •BBQ's and Coleslaw •Fruit, Vegetables, and Milk	19 •Egg Bake •Fruit, Vegetables, and Milk	20 •Quesadilla •Fruit, Vegetables, and Milk	21 •Cheeseburger & Waffle Fries •Fruit, Vegetables, and Milk	22 •Chicken Alfredo w/Garlic Toast •Fruit, Vegetables, and Milk	23
24	25 •Popcorn Chicken & Mashed Potatoes •Fruit, Vegetables, and Milk	26 •Tacos •Fruit, Vegetables, and Milk	27 •Sandwich & Potato Salad •Fruit, Vegetables, and Milk	28 •Chicken Broccoli Rice Bake •Fruit, Vegetables, and Milk	29 •French Toast & Sausage •Fruit, Vegetables, and Milk	30