



# WCS September 2022 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	2	3	
				•No School	•No School		
	4	5	6	7	8	10	
		•No School - Labor Day	•Hot Dog w/ Mac & Cheese •Fruit/Veggies/Milk	•Nachos •Fruit/Veggies/Milk	•French Toast and Sausage •Fruit/Veggies/Milk	•Spaghetti •Fruit/Veggies/Milk	
	11	12	13	14	15	16	17
	•Chicken Patty w/ Tator Tots •Fruit/Veggies/Milk	•Chef Salad •Fruit/Veggies/Milk	•Cheese Tortellni •Fruit/Veggies/Milk	•Cheeseburger •Fruit/Veggies/Milk	•Homemade Pizza (cheese or pepperoni) •Fruit/Veggies/Milk		
18	19	20	21	22	23	24	
	•Goulash •Fruit/Veggies/Milk	•Cheese Quesadilla •Fruit/Veggies/Milk	•Pancakes & Bacon •Fruit/Veggies/Milk	•BBQ's w/Fries •Fruit/Veggies/Milk	•Tacos •Fruit/Veggies/Milk		
25	26	27	28	29	30		
	•Meatloaf w/Mashed Potatoes •Fruit/Veggies/Milk	•Grilled Cheese •Fruit/Veggies/Milk	•Chichen Strips w/Fries •Fruit/Veggies/Milk	•Cold Sandwich w/ Chips •Fruit/Veggies/Milk	•Scrambled Eggs w/Muffin •Fruit/Veggies/Milk		