



# WCS January 2023 Lunch Menu



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 •Goulash •Fruit, Vegetables, and Milk	3 •Nachos •Fruit, Vegetables, and Milk	4 •Chef Salad •Fruit, Vegetables, and Milk	5 •Cheeseburger •Tator Tots •Fruit, Vegetables, and Milk	6 •Chicken Alfredo •Garlic Toast •Fruit, Vegetables, and Milk	7
8	9 •Chicken Strips •Smiley Fries •Fruit, Vegetables, and Milk	10 •Tator Tot Hotdish •Fruit, Vegetables, and Milk	11 •Waffles •Sausage •Fruit, Vegetables, and Milk	12 •Hot Dog •Chips •Fruit, Vegetables, and Milk	13 •Cheese Pizza OR •Pepperoni Pizza •Fruit, Vegetables, and Milk	14
15	16 •French Dip Sandwich •Mashed Potatoes •Fruit, Vegetables, and Milk	17 •Grilled Cheese •Tomato Soup •Fruit, Vegetables, and Milk	18 •Taco Spaghetti •Fruit, Vegetables, and Milk	19 •Chili •Cinnamon Roll •Fruit, Vegetables, and Milk	20 •French Toast •Yogurt •Fruit, Vegetables, and Milk	21
22	23 •Scrambled Eggs •Bacon •Fruit, Vegetables, and Milk	24 •Tacos/Taco Salad •Fruit, Vegetables, and Milk	25 •Meatballs, Gravy, Mashed Potatoes •Fruit, Vegetables, and Milk	26 •Sub Sandwich •Chips •Fruit, Vegetables, and Milk	27 •Spaghetti •Garlic Toast •Fruit, Vegetables, and Milk	28
29	30 •BBQ's •Waffle Fries •Fruit, Vegetables, and Milk	31 •Popcorn Chicken •Fries •Fruit, Vegetables, and Milk				The required vegetables, fruits, protein, grains, and milk are served with all meals.