




# APRIL 2018

## WCSC Middle School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Baseball Opening Day!</b>  <b>Hometown</b> Hotdog  <b>Grand Slam</b> Nachos  <b>Stadium</b> Baked Beans  <b>Homerun</b> Fruit Variety  <b>All American</b> Ice Cream  <b>Major League</b> Milk  <b>Second Choice</b>            Mexican Crispito </p>	<p>3            Carne Con Queso            Corn            Veggie Cup            Fruit Variety            Milk  <b>Second Choice</b>            Mexican Crispito</p>	<p>4            Chicken Smackers w/ Roll            Mashed Potatoes w/ gravy            Carrots            Veggie Cup            Fruit Variety            Milk  <b>Second Choice</b>            Mexican Crispito</p>	<p>5            Chicken Bruschetta            Pasta w/ Bosco Stick            Broccoli            Veggie Cup            Fruit Variety            Milk  <b>Second Choice</b>            Mexican Crispito</p>	<p>6            Popcorn Shrimp or            Spicy Thai Shrimp            Macaroni &amp; Cheese            Green Beans            Veggie Cup            Fruit Variety            Milk  <b>Second Choice</b>            Mexican Crispito</p>
<p>9            Fiesta Pasta Bowl            Broccoli            Veggie Cup            Fruit Variety            Milk  <b>Second Choice</b>            Chicken Fillet Sandwich</p>	<p>10            Beef Soft Taco            Tostitos w/ Salsa            Corn            Veggie Cup            Fruit Variety            Milk  <b>Second Choice</b>            Spicy Chicken Sandwich</p>	<p>11            Chicken Smackers w/ Roll            Mashed Potatoes w/ gravy            Cauliflower w/ Cheese            Veggie Cup            Fruit Variety            Milk  <b>Second Choice</b>            Chicken Fillet Sandwich</p>	<p>12            General Tso's Chicken            w/Fortune Cookie            Vegetable Fried Rice            Edamame            Veggie Cup            Fruit Variety  <b>Second Choice</b>            Spicy Chicken Sandwich</p>	<p>13            Toasted Stromboli            Grinder            Seasoned Fries            Veggie Cup            Fruit Variety            Milk  <b>Second Choice</b>            Chicken Fillet Sandwich</p>
<p>16            French Toast Sticks            w/ Sausage            Potato Bites            Veggie Cup            Fruit Variety            Milk  <b>Second Choice</b>            Italian Calzone</p>	<p>17            Grilled Cheese            Buttered Baby Carrots            Veggie Cup            Fruit Variety            Milk  <b>Second Choice</b>            Italian Calzone</p>	<p>18            Chicken Smackers w/ Roll            Mashed Potatoes w/ gravy            Green Beans            Veggie Cup            Fruit Variety            Milk  <b>Second Choice</b>            Italian Calzone</p>	<p>19            Fresh Made Burrito            Tostitos w/ Mexican Dip            Fiesta Lime Corn            Veggie Cup            Fruit Variety            Milk  <b>Second Choice</b>            Italian Calzone</p>	<p>20            Cheese Tortellini Bake            w/ Bosco Stick            Parmesan Broccoli            Veggie Cup            Fruit Variety            Milk  <b>Second Choice</b>            Italian Calzone</p>
<p>23            Chicken Fillet            Sandwich            White Beans w/ Bacon            Veggie Cup            Fruit Variety            Milk  <b>Second Choice</b>            Mini Corndogs</p>	<p>24            Walking Taco            Corn            Veggie Cup            Fruit Variety            Milk  <b>Second Choice</b>            Mini Corndogs</p>	<p>25            Chicken Smackers w/ Roll            Mashed Potatoes w/ gravy            Broccoli w/ Cheese            Veggie Cup            Fruit Variety            Milk  <b>Second Choice</b>            Mini Corndogs</p>	<p>26            Chicken n' Dumplings            Green Beans            Veggie Cup            Fruit Variety            Milk  <b>Second Choice</b>            Mini Corndogs</p>	<p>27  <b>Manager's Special</b></p>

3<sup>rd</sup> Choice Daily- Primo Pizza

4<sup>th</sup> Choice Daily- Salad w/ Bosco Stick

### Did you know...

- The lunch meals consist of 5 meal components (Meat, Grain, Fruit, Vegetable & Milk).
- Students must take at least 3 of the five components.
- Students also must take at least a ½ cup of fruit or vegetable daily.
- All students have a variety of fruits and vegetables to select from every day.
- Middle School Students may take up to ½ cup fruit and two ½ cups of veggies daily.

**If your child states there was not enough food on the lunch tray, be sure to ask them if they selected everything offered on the tray!**



Italian Pasta Bake Meal