




APRIL 2018



WCSC High School Lunch Menu

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

3rd Choice Daily- Wedge Pizza

4th 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.
- High School Students may take up to two ½ cups fruit and two ½ cups of veggies daily.

If your student 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