

2018-2019 Wolfe County High School

Three Week Cycle Lunch Menu

<p>Monday – Week 1 Choose 1 Entrée Daily: W/G Chicken Nuggets W/WG Roll or W/G Pizza W/Choice of at least 2: Mashed Potatoes Peas, WG Roll, Pineapple Tidbits, Strawberry Applesauce Cup Lowfat or Skim Milk Honey Mustard, BBQ Sauce, Lite Ranch Cup</p>	<p>Tuesday-Week 1 Choose 1 Entrée Daily: W/G Pizza or Bosco Stick W/Choice of at least 2: Shoestring Fries Romaine W/Cherry Tomatoes Salad Fresh Baby Carrots Chili Cheese Stix, WG Chocolate Chip cookie Peach Cup Strawberry Cup Lowfat or Skim Milk Lite Ranch Cup, Honey Mustard, Lite Italian dressing, Marinara Sauce</p>	<p>Wednesday – Week 1 Choose 1 Entrée Daily: W/G Chicken Sandwich on bun Or W/G Pizza W/choice of at least 2: Lettuce, Tomato Slice, Pickle, Baked Chips Whole Kernel Corn Fresh Fruit cup Mandarin Orange Cup Lowfat or Skim Milk Lite Mayo, Lite Ranch Cup</p>	<p>Thursday- Week 1 Choose 1 Entrée Daily: Cheeseburger w/bun or W/G Pizza W/Choice of at least 2: French Fries Lettuce, tomato, onion, pickle, Broccoli & Cauliflower Florets Diced Peaches Strawberry Kiwi Sorbet Cup Lowfat or Skim Milk Mustard, Ketchup, Lite Mayo, Lite Ranch Cup</p>	<p>Friday-Week 1 Choose 1 Entrée Daily: Orange Chicken Or W/G Pizza W/Choice of at least 2: Asian Rice Egg Roll Cooked Carrots Baked Chips Banana Cherry Sorbet Cup Lowfat or Skim Milk Soy Sauce, Lite Ranch Cup</p>
<p>Monday – Week 2 Choose 1 Entrée Daily: Hot Ham & Cheese on w/g bun Or W/G Pizza W/Choice of at least 2: Baked Beans Pasta Salad Baked Chips Grape Juice Cup Jonny Pop Lowfat or Skim Milk Lite Ranch Cup</p>	<p>Tuesday- Week 2 Choose 1 Entrée Daily: Hot dog on w/g bun w/chili Or W/G Pizza W/Choice of at least 2: Shredded Cheese French Fries Cole Slaw Cucumber Slices w/ Cherry Tomatoes Fresh Orange Wedges Cherry Sorbet Cup Low Fat or Skim Milk Lite Ranch Cup, Ketchup, Mustard</p>	<p>Wednesday-Week 2 Choose 1 Entrée Daily: Grilled Chicken on w/g bun, Or W/G Pizza W/Choice of at least 2: Romaine Lettuce, Tomato Slice, Pickle Shoe string Fries Celery & Carrot Sticks Strawberry Cup Tropical Fruit Mix Lowfat or Skim Milk Lite Mayo, Mustard, Ketchup, BBQ Sauce, Lite Ranch Cup</p>	<p>Thursday-Week 2 Choose 1 Entrée Daily: Spaghetti W/meat sauce Or W/G Pizza W/Choice of at least 2: Italian cut green beans Romaine & Cherry Tomato Salad Paprika Potatoes Tropical Fruit Cup Fresh Pineapple Spears Lowfat or Skim Milk Lite Ranch Cup, Parmesan cheese</p>	<p>Friday-Week 2 Choose 1 Entrée Daily: Chicken Fajita Wrap Or W/G Pizza W/Choice of at least 2: Mexican Rice Roasted Peppers & Onions French Fries Apple Juice Cup Canned Peach Halves Lowfat or Skim Milk Soy Sauce, Lite Ranch Cup, Ketchup</p>
<p>Monday –Week 3 Choose 1 Entrée Daily: W/G Chicken Strips W/WG Roll Or W/G Pizza W/Choice of at least 2: Mashed Potatoes Steamed Broccoli w/cheese Mandarin Orange Cup Apple Slices Lowfat or Skim Milk BBQ Sauce, Honey Mustard, Lit Ranch Cup</p>	<p>Tuesday-Week 3 Choose 1 Entrée Daily: Ham & Turkey Sub Sandwiches w/ bun Or W/G Pizza W/Choice of at least 2: Lettuce, tomato, pickle, Banana peppers, onion, Black olives, Baked Chips Pork & Beans Pasta Salad Canned Pineapple Tidbits Blue Raspberry Sidekicks Lowfat or Skim Milk Lite Mayo, Mustard, Lite Ranch Cup</p>	<p>Wednesday – Week 3 Choose 1 Entrée Daily: Salisbury Steak w/gravy W/WG Roll Or W/G Pizza W/Choice of at least 2: Mashed Potatoes Green Beans Peas & Carrots Banana Fresh Strawberries Lowfat or Skim Milk Lite Ranch Cup</p>	<p>Thursday-Week 3 Choose 1 Entrée Daily: Walking Taco Or W/G Pizza W/Choice of at least 2: Lettuce, tomato, shredded cheese, Refried Beans Baked Chips Celery Sticks Apple Diced Peach Cup Lowfat or Skim Milk Taco Sauce, Sour Cream, Salsa, Lite Ranch Cup</p>	<p>Friday – Week 3 Choose 1 Entrée Daily: Chili w/crackers & Grilled Cheese Or W/G Pizza W/Choice of at least 2: Cheese Wedge Cheesy Potato Skins Carrot Sticks Orange Wedges Apple Juice cup Vanilla ice Cream Lowfat or Skim Milk Lite Ranch Cup</p>

MENU IS SUBJECT TO CHANGE DUE TO HOLIDAYS, SNOW DAYS, OR AVAILABILITY OF FOOD.

- Daily Cereal Choices: WG Cinnamon Toast Crunch, WG Fruit Loops, WG Lucky Charms, and WG Cocoa Puffs will be offered daily at all schools as cereal choices with 1 pack of Goldfish Cinnamon Grahams.
- Powdered or Chocolate Donuts will also be offered daily as an entrée choice
- Daily Milk Choices: Nonfat Chocolate, Nonfat Strawberry, Nonfat Vanilla (if available), 1% White Unflavored.

Lunch Week 1

August 13th, September 4th, September 24th, October 16, November 5th, November 26th, December 17th, January 14th, February 4th, February 25th, March 18th, April 15th, May 6th

Lunch Week 2

August 20th, September 10th, October 1st, October 22nd, November 12th, December 3rd, January 2, January 22nd, February 11th, March 4th, March 25th, April 22nd, May 13th

Lunch week 3

August 27th, September 17th, October 3rd, October 29th, November 19th, December 10th, January 7th, January 28th, February 18th, March 11th, April 8th, April 29th, May 20th

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