



2007 March

National Nutrition Month

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Celebrate National Nutrition Month!

Strive to Include These Key Components In Your Life Style:

*Develop a Healthy Eating Plan

*Actively Pursue Variety

*Eating in Moderation

*Develop a Fitness Plan

1

Main Entrée

Chicken Fajita
w/ Steamed Rice

Grab N Go

Tuna Salad
Assorted Sub

2

Main Entrée

Meatloaf
w/ M.P. Gravy
& Roll

Grab N Go

Tuna Salad
Assorted Sub

SERVED DAILY

Cheese Pizza
Served Daily

Pizzeria

Week 1 Pepperoni

Week 2 Bacon

Week 3 Sausage

Week 4 Pepperoni

Week 5 Bacon

Pasta Bar

Choice of Sauce:
Marinara
Meat
Cheese

Grill Line

Chicken Patties
Cheeseburgers

Offer vs Served

You must take 3 components to make a

Lunch meal.

Choose 3 of the following:

* Protein

(Meat or Cheese)

* Bread

* Fruit or

Vegetable

* Choice of

Milk

* Juice

Lunch Prices

Full Paid Meals

\$1.85

Reduced Meals

\$.40

Adult Meals

\$3.50

All Milk

\$.50

Checks Payable To:
School Cafeteria

**National
School
Breakfast
Week is
March 5-9!**

5

Main Entrée

Chicken Fries
w/ Carrots & Roll

Grab N Go

Italian Wrap
Crispy Rancher

6

Main Entrée

Pulled Pork Sand.
w/ Oven Potato

Grab N Go

Italian Wrap
Crispy Rancher

7

Main Entrée

Salisbury Steak
w/ M.P. Gravy
& Roll

Grab N Go

Italian Wrap
Crispy Rancher

8

Main Entrée

Chicken & Biscuits
w/ M.P. & Gravy

Grab N Go

Italian Wrap
Crispy Rancher

9

Main Entrée

Macaroni & Chz
w/ Broccoli

Grab N Go

Italian Wrap
Crispy Rancher

12

Main Entrée

Taco Nachos
w/ Corn

Grab N Go

Turkey & Chz
Wrap
Chicken Salad

13

Main Entrée

BBQ Chicken
Wrap
w/ Green Beans

Grab N Go

Turkey & Chz
Wrap
Chicken Salad

14

Main Entrée

Hot Dog
w/ Sauerkraut &
Oven Potato

Grab N Go

Turkey & Chz
Wrap
Chicken Salad

15

Main Entrée

Chicken Parmesan
w/ Pasta & Roll

Grab N Go

Turkey & Chz
Wrap
Chicken Salad

16

Main Entrée

Texas Grilled Chz
w/ Tomato Soup

Grab N Go

Turkey & Chz
Wrap
Chicken Salad

19

Main Entrée

Meatball Hoagie
w/ Seasoned
Carrots

Grab N Go

Combo Sub
Chef Salad

20

Main Entrée

Chicken Nuggets
w/ Peas & Roll

Grab N Go

Combo Sub
Chef Salad

21

Main Entrée

Hot Turkey Sand.
w/ M.P. & Gravy

Grab N Go

Combo Sub
Chef Salad

22

Main Entrée

Chef's Special

Grab N Go

Combo Sub
Chef Salad

23

Main Entrée

Fish Sandwich
w/ Oven Potato

Grab N Go

Combo Sub
Chef Salad

26

No

School!!!!

27

No

School!!!!

28

Main Entrée

Baked Chicken
w/ M.P. & Gravy

Grab N Go

Ham & Chz Wrap
Antipasto Salad

29

Main Entrée

Texas Grilled
Ham & Chz
w/ Baked Beans

Grab N Go

Ham & Chz Wrap
Antipasto Salad

30

Main Entrée

French Toast Stix
w/ Hash Brown
Patty & Sausage

Grab N Go

Ham & Chz Wrap
Antipasto Salad

WCSD High School Menu



Special News...

Celebrate National School Breakfast Week
With Your Friends at the U.B.U!!

Menus are subject to
change without notice.

