

Assorted Hot Breakfast
Items Or
Cereal & Muffin Or
Served with:
Fresh or Chilled Fruit, Or
Juice
Milk



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opportunity provider and
employer**

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To fill out your application!
Completely Confidential!!!



WMRHS Menu 2017

| 3 | 4 | 5 | 6 | 7 |
|--|---|---|---|--|
| Pizza Casserole Homemade WW Garlic Bread Steamed Green Beans Fresh and/or Chilled Fruit | Cheeseburger on a WW Bun Goldfish Crackers Baked Beans Mixed Veggies Fresh and/or Chilled Fruit | Hotdog in a WW Roll Baked French Fries Cheese Stick Coleslaw Fresh and/or Chilled Fruit | Chicken Patty on a WG Bun Pretzel Goldfish Crackers Lettuce & Tomato Steamed Broccoli Fruit and/or Chilled Fruit | Italian Dippers w/Marinara Sauce Fresh Caesar Salad w/ Lite Dressing WK Corn Fresh and/or Chilled Fruit |
| 10 | 11 | 12 | 13 | 14 |
| Chicken Nuggets Mashed Potato Homemade WW Roll Steamed Carrots Fresh and/or Chilled Fruit | Taco Salad Salsa LF Sour Cream Brown Rice Pilaf Whole Kernel Corn Fresh and/or Chilled Fruit | Macaroni & Cheese Homemade WG Roll Squash Cucumber Slices Fresh and/or Chilled Fruit | Fiery Chicken/Cheese Wrap Goldfish Crackers Fresh Caesar Salad w/ Lite Dressing Baked Beans Fresh and/or Chilled Fruit | Pepperoni or Cheese Pizza Broccoli Florets w/LF Ranch Dip Steamed Green Beans Fresh and/or Chilled Fruit |
| <i>All meals are subject to change without notice.</i> | | | | |
| 17 | 18 | 19 | 20 | 21 |
| Popcorn Chicken Mashed Potato Homemade WG Roll Squash Fresh and/or chilled Fruit | Tuna Roll Baked French Fries Fresh Broccoli Florets w/LF Dip Mixed Veggies Fresh and/or Chilled Fruit | Meatless Baked Pasta w/Cheese Homemade WG Garlic Bread Steamed Carrots Fresh and/or Chilled Fruit | Pork & Gravy Mashed Potato Homemade WG Roll Baked Beans Fresh and/or Chilled Fruit | Pepperoni or Cheese Pizza Caesar Salad w/Lite Dressing Celery Sticks Fresh and/or Chilled Fruit |
| 24 | 25 | 26 | 27 | 28 |
| A Choice of skim, low fat, nonfat chocolate milk is offered with all meals. | Watch for information about online meal payments this month! | | | |