

# JR. HIGH MENU January - June 2024

## Universal Breakfast & Lunch (FREE for all Students)

### BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
WG Artisan Belgian Liege Waffles ●	WG Benefit Bar ●	WG Apple Fritter ●	WG Fresh Baked Muffin ●	WG Donut Chocolate Enrobed ●
WG Pop Tarts ●	WG Assorted Bagel with Cream Cheese ●●	Rise N' Shine Strawberry Oats ●●	Cheese Omelet with WG Biscuit and Jelly ●●	WG Breakfast Burrito (Chicken Sausage, Egg & Cheese) ●●
WG Assorted Cereal Cup with Graham Crackers ●	WG Assorted Cereal Cup with Graham Crackers ●	WG Assorted Cereal Cup with Graham Crackers ●	WG Assorted Cereal Cup with Graham Crackers ●	WG Assorted Cereal Cup with Graham Crackers ●
Milk 8 oz. Variety ●	Milk 8 oz. Variety ●	Milk 8 oz. Variety ●	Milk 8 oz. Variety ●	Milk 8 oz. Variety ●

### LUNCH

WG Cheese Pizza (V) or Turkey Pepperoni Pizza ●●	WG Cheese Pizza (V) or Turkey Pepperoni Pizza ●●	WG Cheese Pizza (V) or Turkey Pepperoni Pizza ●●	WG Cheese Pizza (V) or Turkey Pepperoni Pizza ●●	WG Cheese Pizza (V) or Turkey Pepperoni Pizza ●●
Cheeseburger or Hamburger on WG Hamburger Bun with Seasoned Potato Wedges ●●●	Cheeseburger or Hamburger on WG Hamburger Bun with Seasoned Potato Wedges ●●●	Cheeseburger or Hamburger on WG Hamburger Bun with Seasoned Potato Wedges ●●●	Cheeseburger or Hamburger on WG Hamburger Bun with Seasoned Potato Wedges ●●●	Cheeseburger or Hamburger on WG Hamburger Bun with Seasoned Potato Wedges ●●●
Spicy Chicken Burger on WG Hamburger Bun with Seasoned Potato Wedges ●●●	Spicy Chicken Burger on WG Hamburger Bun with Seasoned Potato Wedges ●●●	Spicy Chicken Burger on WG Hamburger Bun with Seasoned Potato Wedges ●●●	Spicy Chicken Burger on WG Hamburger Bun with Seasoned Potato Wedges ●●●	Spicy Chicken Burger on WG Hamburger Bun with Seasoned Potato Wedges ●●●
DELI SANDWICH ●●● (Turkey, Roast Beef & Pork Ham *)	WG Tuscan Grilled Cheese Sandwich with Tomato Soup (V) ●●●	DELI SANDWICH ●●● (Turkey, Roast Beef & Pork Ham *)	Turkey Cranberry Wrap ●●●	DELI SANDWICH ●●● (Turkey, Roast Beef & Pork Ham *)
WG Cheese Quesadilla with Sour Cream (V) ●●	Chicken & Cheese Tamale Red Sauce ●●	Deluxe Beef Taco Salad ●●●	Chicken & Cheese Tamale Red Sauce ●●	Chili Cheese Baked Potato with Cornbread Muffin (V) ●●●
Homemade Hand rolled Chicken Burrito ●●	All Beef Hotdog on WG Hotdog Bun with Fun Size Chips ●●	Fruit & Yogurt Parfait w/Granola and Graham Crackers (V) ●●●	WG Chicken Corndog with Sweet Potato Fries ●●●	BBQ Baked Chicken with Dinner Roll ●●
Chicken Ramen Soup ●●	Chicken Noodle Soup with Breadsticks ●●	Chicken Ramen Soup ●●	Chicken Noodle Soup with Breadsticks ●●	Chicken Ramen Soup ●●
Spicy Chicken Salad w/Ranch Dressing and WG Dinner Roll ●●●	Fall Salad (Sliced Turkey, Cheese, Pears, Craisins & Croutons) with WG Dinner Roll ●●●	Spicy Chicken Salad w/Ranch Dressing and WG Dinner Roll ●●●	Chef Salad with Garlic Breadsticks (Turkey Ham, Cheese, Tomatoes, Cucumber, Diced Eggs & Croutons) ●●●	Spicy Chicken Salad w/Ranch Dressing and WG Dinner Roll ●●●
Milk 8 oz. Variety ●	Milk 8 oz. Variety ●	Milk 8 oz. Variety ●	Milk 8 oz. Variety ●	Milk 8 oz. Variety ●

**WG - Whole Grain**

**Milk - Variety (NF Chocolate, 1% LF White Milk & NF White Milk)**

**(V) - Vegetarian**

**(\*) - Pork**

● **Grain**

● **Meat/Meat Alternate**

● **Vegetable**

● **Fruit**

● **Milk (Variety)**

Menu subject to substitutions. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write to: USDA, Director, Office of Adjudication 1400 Independence Ave. S.W. Washington DC 20250-9410 or call 866-632-9992 (voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at 800-877-8339, or 800-845-6136 (Spanish). USDA is an equal opportunity provider and employer.