

December 2020

West Harrison Community School

This institution is an equal opportunity provider

LUNCH



FREE BREAKFAST AND LUNCH OFFERED TO ALL ENROLLED STUDENTS AT WEST HARRISON FROM SEPTEMBER 14TH UNTIL THE END OF THE SCHOOL YEAR OR UNTIL THE MONEY RUNS OUT

Milk is offered everyday with lunch



Nutrition Tip: Include whole grains. Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

Reference: USDA MyPlate



Monday



Tuesday

Wednesday

Thursday

Friday

Monday Lunch Menu

1
Mandarin Chicken
WG Rice
Stir Fry Veggies
WG Bread
Fruit Fixings

2
Pork Patty
Mash Potatoes/Gravy
Bake Beans
Fruited Jello/Fruit Cup
WG Roll

3
Pizza Dippers w/Sauce
Caesar Salad
Golden Corn
Fruit Cup

4
Sub Sandwich
Fresh Veggies
Sun Chips
Juice Cup
Fruit

7
Spaghetti
Very Veggie Salad
WG Garlic Bread
Fresh Fruit

8
Tomato Soup/Bean
Soup- Crackers
Grill Cheese Sandwich
Carrots/Broccoli
Juice Cup
Fruit Fixings

9
Taco Salad
Refried Beans
Taco Party Mix
Fresh Fruit

10
Beef and Noodles
Mash Potatoes
Peas
Jell-O Jiggler
Fruit
WG Bread

11
Grilled Hotdog
9-12 Choice of Polish Dog
Cup of Chili
Misc. Potatoes
Fruit Cup

14
Hamburger
Bake Potato
Vegetarian Beans
Fruit Cup

15
Cheese Omelet/Yogurt
Celery w/Dip/ Tri Tator
WG Biscuit
Fresh Fruit/Juice Cup

16
Chicken Noodle Soup
K-5 Uncrustable
6-12 Bologna or Egg Salad
Sandwich
Fresh Veggies
Juice/Fruit

17
Nacho's w/Chili
Apple Filled Pretzel
Carrots
Sidekick
WG Muffin

18
Hot Chicken on a Biscuit
California Casserole
Fresh Fruit Fixings
Teddy Grahams

21
Corn Dog
Bake Beans
Tater Gems
Fruit Cup
Teddy Grahams

22
PK-5 Fish Sticks
6-12 Crispito
Cottage Cheese
Mexican Salad/Carrot Coins
Fresh Fruit

23
Frozen Pizza
Misc. Fresh Veggies/Salad
Corn
Fresh Fruit

No School **24**

No School **25**

No School **28**

No School **29**

No School **30**

No School **31**

