

March 2021

West Harrison Community School

This institution is an equal opportunity provider

LUNCH



School Information: Free breakfast and lunch to all enrolled West Harrison students until the end of the school year or until money runs out. Milk is offered everyday with lunch. Salad Bar offered for 6-12 grade. Sign up by 9:00 a.m.



Nutrition Tip: March is National Nutrition Month! To celebrate, try getting more creative in the kitchen and trying a new recipe or cuisine you haven't had before.

References: Academy of Nutrition & Dietetics

Monday

Meatball Sub
WG Pasta w/Sauce
Caesar Salad
Frozen Fruit Cup

1

Tuesday

Hamburger Tater Tot
Casserole
Green Beans
WG Biscuit
Fruit Cup

2

Wednesday

Cheese Omelet/Yogurt
Hash Brown
Fresh Veggie Sticks/w Dip
Fresh Fruit
Pancakes

1

Thursday

Grilled Hotdog
Chili Style Beans
Diced Potatoes
Fresh Fruit

4

Friday

Beef Burrito/Fixings
Tater Gems
Mexican Pasta Salad
Outer Space Orange Halves

5

Hot Chicken on a
Biscuit
Mixed Vegetables
Fruited Jell-O
Fruit Fixings

8

Fish Sandwich
Coleslaw
Pickle Spear
RF Doritos
Fruit Favorite

9

Loose Meat/WG Bun
Oven Style Bake Beans
Baked Potato
Fruit Fixings

10

School Made Pizza
Tomato Basil Salad
Sweet Corn
Fresh Fruit Fixings

11

Mac and Cheese
w/Ham Dices/Peas
Fresh Veggie Sticks/Dip
WG Bread and Butter
Fruit Fixings

12

French Bread Pizza
Marinara Sauce
Dark Green Lettuce
Carrots
Fruit Cup

15

Nacho's w/Chili
WG Muffin
Fresh Veggie Sticks/w Dip
Fresh Fruit Fixings

16

BBQ Rib Sandwich
Pasta Salad
Bake Beans
Fresh Fruit

17

PK-5 Ham and Cheese
6-12 Stromboli
Green Bean Casserole
Fresh Fruit Fixings

18

Mandarin Chicken Sweet
Chili Thai Chicken
Asian Vegetable Mix
Noodles Miso Ramen
Rice/ Fresh Fruit

19

No School

22

Professional Development

K-2 Ravioli
3-12 Crisпитos
Cottage Cheese
Mexican Salad
Golden Corn
Fresh Fruit

23

Hamburger w/Fixings
French Fries
Vegetarian Beans
Fruit Crisp
Fruit Cup

24

Lasagna Bites
Very Veggie Salad
Sweet Potato Biscuit
Fresh Fruit

25

Sub Sandwich /Fixings
WG Sun Chips
Fresh Veggie Sticks
Fresh Fruit
Cereal Bar

26



Popcorn Chicken Sundaes
Mash Potatoes w/Gravy
WG Biscuit/Stuffing

29

Pork Patty
Mash Potatoes w/Gravy
Fruited Jell-O

30

Quesadilla
Simply Salad
Mexicali Corn

31

March 2021

Fruit Fixings
WG Dinner Roll

Fresh Fruit Fixings
Taco Party Mix

LUNCH



Monday

Tuesday

Wednesday

Thursday

Friday

