WEST CENTRAL BREAKFAST & LUNCH MENU

September 2024

		K-5 MENU		
Monday	Tuesday	Wednesday	Thursday	Friday
2 NO SCHOOL	3 Cereal or Grain Bar Yogurt, Fruit Milk	4 Cereal or Pancake / Syrup Juice, Fruit Milk	5 Cereal or Muffin Yogurt, Fruit Milk	6 Cereal or French Toast Sticks w/ Syrup Fruit Milk
9 Cereal or Pancake Sausage Stick w/ Syrup Juice, Fruit Milk	10 Cereal or Bagel (Strawberry) Yogurt, Fruit Milk	11 Cereal or Tornado Juice, Fruit Milk	12 Cereal or Poptart Yogurt, Fruit Milk	13 Cereal or Waffle w/ Syrup Fruit Milk
16 Cereal or Banana Bread Juice, Fruit Milk	17 Cereal or Nutri-Grain Bar Yogurt Fruit Milk	18 Cereal or Pancake w/ Syrup Juice, Fruit Milk	19 Cereal or Muffin Yogurt, Fruit Milk	20 Cereal or Pancake Sausage Stick w/ Syrup Fruit Milk
23 Cereal or Egg & Cheese Biscuit Juice, Fruit Milk	24 Cereal or Bagel (Cinnamon) Yogurt, Fruit Milk	25 Cereal or Tornado Juice, Fruit Milk	26 Cereal or Poptart Yogurt, Fruit Milk	27 Cereal or Breakfast Pizza Fruit Milk
30 Cereal or Blueberry Bread Juice, Fruit Milk				
		PK MENU		
Monday	Tuesday	Wednesday	Thursday	Friday
2 NO SCHOOL	3 Cereal or Grain Bar Yogurt, Fruit Milk	4 Cereal or Pancake w/ Syrup Juice, Fruit Milk	5 Cereal or Muffin Yogurt, Fruit Milk	6 Cereal or French Toast Sticks w/ Syrup Fruit, Milk
9 Cereal or Pancake Sausage Stick w/ Syrup Juice, Fruit Milk	10 Cereal or Bagel (Strawberry) Yogurt, Fruit Milk	11 Cereal or Tornado Juice, Fruit Milk	12 Cereal or Poptart Yogurt, Fruit Milk	13 Cereal or Waffle w / Syrup Fruit Milk
16 Cereal or Banana Bread Juice, Fruit Milk	17 Cereal or Nutri-Grain Bar Yogurt Fruit Milk	18 Cereal or Pancake w/ Syrup Juice, Fruit Milk	19 Cereal or Muffin Yogurt, Fruit Milk	20 Cereal or Pancake Sausage Stick w/ Syrup Fruit Milk
23 Cereal or Egg & Cheese Biscuit Juice, Fruit Milk	24 Cereal or Bagel (Cinnamon) Yogurt, Fruit Milk	25 Cereal or Tornado Juice, Fruit Milk	26 Cereal or Poptart Yogurt, Fruit Milk	27 Cereal or Breakfast Pizza Fruit Milk
30 Cereal or Blueberry Bread Juice, Fruit, Milk				

PK - 12 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
NO SCHOOL	Breaded Chicken /	Corn Dogs	Spaghetti	Mexican Pizza
	Bun	Cooked Carrots	Garlic Bread	Romaine Lettuce &
	Baked Beans	Mandarin Oranges	Corn	Spinach
	Pineapple	Rice Krispie Treat	Peaches	Ranch/French Dressing
				Apricots
				Čookie
9	10	11	12	13
Grilled Chicken / Bun	Cheeseburger / Bun	Pulled Pork / Bun	Frito-Lay Bowl	Salisbury Steak
Baked Beans	French Fries	Broccoli & Cauliflower	Shredded Lettuce & Cheese	Mashed Potatoes
Mixed Fruit	Peas	Applesauce	Diced Tomatoes	Gravy or Butter
	Pineapple		Ranch/French Dressing	Cooked Carrots
	Pickles , Onions		Peaches, Bug Bites	Pears, Roll
16	17	18	19	20
Cheesy Bread Sticks	Pizza Burger	Crispitos	Chicken Nuggets	Hot Dog / Bun
, Marinara Sauce	Broccoli &	Cheese Sauce, Salsa	Mashed Potatoes	Baked Beans
Green Beans, Peaches	Cauliflower	Carrots Sticks	Gravy or Butter	Chips
Parmesan Cheese	Cheese Stick	Mixed Fruit	Corn, Roll, Pears	Fresh Apple Slices
Bug Bites	Mandarin Oranges	Cookie		Relish
23	24	25	26	27
Tenderloin / Bun	Goulash	Chicken Strips	Maidrite / Bun	Pizza
Cooked Carrots	Mixed Vegetables	Macaroni & Cheese	Baked Beans	Romaine Lettuce &
Apple Slices	Pineapple	Peas, Roll	Peaches	Spinach
Pickles, Onions	Bread & Butter	Applesauce	Pickles , Onions	Ranch/French Dressing
·				Apricots
				Bug Bites
30				Offered Daily: Salad Bar, Ham
BBQ Rib Patty / Bun				& Cheese Sandwich, Turkey &
Green Beans				Cheese Cup, Rolls, Fruit,
Pears				White and Chocolate Milk