



Lunch

January 2010

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
				1 NO SCHOOL
4 Chicken Noodle Soup Whole Wheat Bread w/Butter Fruit Milk	5 Chili Cornbread Fruit Milk	6 Ravioli Whole Wheat Rolls Fruit Milk	7 Chicken Patties Corn Fruit Milk	8 Cheese Pizza Salad Fruit Milk
11 Clam Chowder Whole Wheat Bread w/butter Fruit Milk	12 Turkey Gravy Cranberry Sauce Fruit Milk	13 American Chop Suey Fruit Milk	14 Hot Dogs Beans Fruit Milk	15 Pepperoni Pizza Salad Fruit Milk
18 NO SCHOOL MARTIN LUTHER KING DAY	19 Tomato Soup Tuna Roll Fruit Milk	20 Whole Wheat Spaghetti With Sauce Fruit Milk	21 Hamburgers on whole wheat buns Carrots Fruit Milk	22 Cheese Pizza Salad Fruit Milk
25 Corn Chowder Whole Wheat Bread w/ Butter Fruit Milk	26 Shepard's Pie Fruit Milk	27 Whole Wheat Pasta w/cheese Fruit Milk	28 Chicken Salad in whole wheat wrap Green Beans Fruit Milk	29  Yates Farm Sausage Pizza Salad Fruit

Breakfast served daily from 7:30 – 8:00

Choices for breakfast are

Cereal, Fruit, Yogurt, String cheese and Milk

WES IS A NUT FREE ENVIRONMENT.

In addition to the main selection, a choice of sandwich (lunch meat, egg salad, or sunflower butter and jelly) served on whole wheat bread, along with salad and fruit will be available daily at the regular lunch price.



This symbol indicates that the listed item includes local products such as herbs and vegetables are from our school garden!

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				Milk
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