



JANUARY | 2023

WCESC School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 No School	3 PB & Uncrustable Steamed Edamame Seasoned Potatoes Sidekick & Raisins Milk	4 Crispy Chicken Sandwich Honey Mustard Steamed Corn Baby Carrots Diced Pears & Craisins Milk	5 Turkey-Sausage, Egg and Cheese Wrap String Cheese Mixed Vegetables Celery & Ranch Banana Milk	6 Pizza Romaine Salad Grape Tomatoes FF Dressing Cup Apple Cookie Milk
9 Salisbury Steak WG Roll with Butter Steamed Peas Carrot Coins with Ranch Pear Cup & Craisins Graham Crackers Milk	10 Grilled Chicken Breast on a bun BBQ Sauce Baked Beans Celery Sticks with Ranch Fruit Cup & Raisins Milk	11 Hot Dog with Bun Cheesy Potatoes Mustard and Ketchup Juice 4 U Applesauce & Craisins Milk	12 Queso Pull apart Steamed Corn Salsa Banana Milk	13 Pizza Romaine Salad Grape Tomatoes FF Dressing Cup Apple Cookie Milk
16 No School	17 Buffalo Chicken Sandwich WG Bun Cheesy Potatoes Celery Sticks Sidekick & Raisins Milk	18 Hamburger & WG Bun Ketchup & Mustard Steamed Corn Fruitable Pickle Spear Applesauce & Craisins Milk	19 Meat Lasagna Fresh Broccoli & Ranch WG Breadstick Banana Milk	20 Pizza Romaine Salad Grape Tomatoes FF Dressing Cup Apple Cookie Milk
23 Cheesy Pull apart Marinara Cup Steamed Peas Pear Milk	24 Chicken Sandwich on a bun Ketchup Hummus Cup Celery Sticks with Ranch Clementines & Craisins Milk	25 PB & J Uncrustable Seasoned Potato cubes Ketchup Cooked Carrots Applesauce & Raisins Milk	26 Beef Taco Stick Steamed Corn Salsa Banana Milk	27 Pizza Romaine Salad Grape Tomatoes FF Dressing Cup Apple Cookie Milk
30 Honey BBQ Beef Rib on a Bun Steamed Edamame Baby Carrots with Ranch Pear Milk	31 Egg & Cheese Calzone Seasoned Potato Cubes Fruitable Applesauce & Clementine Milk	1 Items in Red are 9-12 only!!!	2	3

News

****Please note that items may be substituted due to availability****

Meat/Alternate

Grades K-5 - 1oz per day/ 8 oz. per week

Grades 6-8 - 1oz per day/ 9 oz. per week

Grades 9-12 - 2 oz. per day/ 10 oz. per week

Grain/Bread

Grades K-5 - 1oz per day/ 8 oz. per week

Grades 6-8 - 1oz per day/ 8 oz. per week

Grades 9-12 - 2oz per day/ 10 oz. per week

Fruit

Grade K-8 - ½ cup per day/ 2 ½ cups per week

Grades 9-12 - 1 cup per day/ 5 cups per week

Vegetable

Grades K-8 - ¾ cup per day/ 3 ¾ cups per week

Grades 9-12 - 1 cup per day/ 5 cups per week

Milk

1 cup 1% or Fat Free



DECEMBER | 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	1 Turkey sausage egg and Cheese Wrap String Cheese Mixed Vegetables Celery & Ranch Banana Milk	2 Pizza Romaine Salad Grape Tomatoes FF Dressing Cup Apple Cookie Milk
5 Salisbury Steak WG Roll with Butter Steamed Peas Carrot Coins with Ranch Pear Milk	6 Grilled Chicken Breast on a bun BBQ Sauce Baked Beans Celery Sticks with Ranch Fruit Cup and Raisins Milk	7 Hot dog with Bun Wedge Potatoes Mustard and Ketchup Juice 4 U Applesauce & Craisins Milk	8 WG Queso Pull Apart Steamed Baby carrots Banana Milk	9 Pizza Romaine Salad Grape Tomatoes FF Dressing Cup Apple Cookie Milk
12 Turkey ham and Cheese Calzone Baked Beans Baby Carrots & Ranch Pear Milk	13 Buffalo Chicken Sandwich Wg Bun Steamed Carrots Celery Sticks Sidekick and Raisins Milk	14 Hamburger & WG Bun Ketchup & Mustard Steamed Corn Broccoli Florets Pickle Spear Applesauce & Craisins Milk	15 Egg and Turkey Sausage WG English Muffin Cheesy Potatoes Fruitable Banana Milk	16 Pizza Romaine Salad Grape Tomatoes FF Dressing Cup Apple Cookie Milk
19 Cheesy Pull apart Marinara Cup Steamed Peas Pear Milk	20 Chicken Sandwich on a bun Ketchup Hummus Cup Celery Sticks with Ranch Clementines & Craisins Milk	21 PB & J Uncrustable Seasoned Potato cubes Ketchup Cooked Carrots Applesauce & Raisins Milk	22 Beef Taco WG Tortilla Lettuce, Cheese & Salsa Banana Milk	23 Pizza Romaine Salad Grape Tomatoes FF Dressing Cup Apple Cookie Milk
26 No School	27 No School	28 No School	29 No School	30 No School

News

****Please note that items may be substituted due to availability****

Meat/Alternate

Grades K-5 - 1oz per day/ 8 oz. per week
Grades 6-8 - 1oz per day/ 9 oz. per week
Grades 9-12 - 2 oz. per day/ 10 oz. per week

Grain/Bread

Grades K-5 - 1oz per day/ 8 oz. per week
Grades 6-8 - 1oz per day/ 8 oz. per week
Grades 9-12 - 2oz per day/ 10 oz. per week

Fruit

Grade K-8 - ½ cup per day/ 2 ½ cups per week
Grades 9-12 - 1 cup per day/ 5 cups per week

Vegetable

Grades K-8 - ¾ cup per day/ 3 ¾ cups per week
Grades 9-12 - 1 cup per day/ 5 cups per week

Milk

1 cup 1% or Fat Free

NOVEMBER | 2022

LUNCH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Salisbury Steak WG Roll with Butter Steamed Peas Carrot Coins with Ranch Honey Graham Crackers Pear Milk	1 Grilled Chicken Breast on a bun BBQ Sauce Baked Beans Celery Sticks with Ranch Clementines Milk	2 Hot dog with Bun Wedge Potatoes Mustard and Ketchup Juice 4 U Apple Sauce Raisins Milk	3 WG Queso Pull Apart Black bean and corn Salad Baby carrots Banana Milk	4 Pizza Romaine Salad Grape Tomatoes FF Dressing Cup Apple Cookie Milk
7 Turkey ham and Cheese Calzone Baked Beans Baby Carrots & Ranch Pear Milk	8 Buffalo Chicken Sandwich Wg Bun Steamed Carrots Celery Sticks Sidekick & Raisins Milk	9 Hamburger & WG Bun Ketchup & Mustard Steamed Corn Broccoli Florets Pickle Spear Applesauce & Clementine Milk	10 Egg and Turkey Sausage WG English Muffin Cheesy Potatoes Fruitable Banana Milk	11 Pizza Romaine Salad Grape Tomatoes FF Dressing Cup Apple Cookie Milk
14 Cheesy Pull apart Marinara Cup Steamed Peas Pear Milk	15 Chicken Sandwich on a bun Ketchup Hummus Cup Celery Sticks with Ranch Clementines & Craisins Milk	16 PB & J Uncrustable Seasoned Potato cubes Ketchup Cooked Carrots Apple Sauce and Raisins Milk	17 Beef Taco WG Tortilla Lettuce, Cheese & Salsa Banana Milk	18 Pizza Romaine Salad Grape Tomatoes FF Dressing Cup Apple Cookie Milk
21 Honey BBQ Beef Rib on a Bun Hummus Baby Carrots with Ranch Pear Milk	22 Cheese Omelet Seasoned Potato Cubes WG Cornbread Fruitable Applesauce & Clementine Milk	23 WG Pepperoni Calzone Steamed Carrots Cauliflower with Ranch Sidekick & Craisins Milk	24 Walking Beef Taco WG Doritos Lettuce, Cheese & Salsa Sour Cream Banana Milk	25 Pizza Romaine Salad Grape Tomatoes FF Dressing Cup Apple Cookie Milk
28 Meatloaf Sandwich Wg Bun Potato Salad Fresh Broccoli with Ranch Pear Milk	29 Turkey Ham and Cheese Croissant Mayo Hummus with Baby Carrots Sidekick & Raisins Milk	30 Grilled Chicken on a bun BBQ Sauce Steamed Corn Fruitable Clementines & Craisins Milk	1 Turkey sausage egg and Cheese Wrap String Cheese Mixed Vegetables Celery & Ranch Banana Milk	2 Pizza Romaine Salad Grape Tomatoes FF Dressing Cup Apple Cookie Milk

News

****Please note that items may be substituted due to availability****

Meat/Alternate

Grades K-5 - 1oz per day/ 8 oz. per week
Grades 6-8 - 1oz per day/ 9 oz. per week
Grades 9-12 - 2 oz. per day/ 10 oz. per week

Grain/Bread

Grades K-5 - 1oz per day/ 8 oz. per week
Grades 6-8 - 1oz per day/ 8 oz. per week
Grades 9-12 - 2oz per day/ 10 oz. per week

Fruit

Grade K-8 - ½ cup per day/ 2 ½ cups per week
Grades 9-12 - 1 cup per day/ 5 cups per week

Vegetable

Grades K-8 - ¾ cup per day/ 3 ¾ cups per week
Grades 9-12 - 1 cup per day/ 5 cups per week

Milk

1 cup 1% or Fat Free

OCTOBER | 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Turkey ham and Cheese Calzone Steamed Corn Baby Carrots with Ranch Pear Milk	4 Buffalo Chicken Sandwich Steamed Carrots Celery Sticks Sidekick Milk	5 Hamburger on a Bun Cheesy Potatoes Juice 4 U Banana Milk	6 Polish Sausage on a Bun Baked Beans String Cheese Cucumbers with Ranch Applesauce Milk	7 Pizza Broccoli Grape Tomatoes FF Dressing Cup Apple Cookie Milk
10 Cheesy Pull apart Marinara Cup Steamed Peas Pears Milk	11 Chicken Sandwich on a bun Ketchup Hummus Cup Celery Sticks with Ranch Clementines Milk	12 PB & J Uncrustable Seasoned Potato cubes Ketchup Cooked Carrots Banana Milk	13 WG Beef and Bean Burrito Steamed Corn Fruitable Apple Sauce Raisins Milk	14 Pizza Broccoli Grape Tomatoes FF Dressing Cup Apple Cookie Milk
17 Honey BBQ Beef Rib on a Bun Mustard and Ketchup Hummus Baby Carrots with Ranch Pears Milk	18 French Toast Yogurt Cup String Cheese Broccoli Florets with Ranch Fruitable apple Milk	19 WG Pepperoni Calzone Steamed Carrots Cauliflower with Ranch Banana Milk	20 Beef taco Stick Steamed Corn WG Doritos Salsa Applesauce & Craisins Milk	21 Pizza Chopped Romaine Grape Tomatoes FF Dressing Cup Apple Cookie Milk
24 Meatloaf Sandwich Steamed Carrots Cucumbers with Ranch Pears Milk	25 Turkey sausage egg and Cheese Wrap String Cheese Hummus with Baby Carrots Sidekick and Raisins Milk	26 Grilled Chicken on a bun BBQ Sauce Steamed Corn Fruitable Clementines Milk	27 Turkey Ham and Cheese Croissant Mixed Vegetables Celery Sticks with Ranch Banana Milk	28 Pizza Broccoli Grape Tomatoes FF Dressing Cup Apple Cookie Milk
31 Salisbury Steak WG Roll with Butter Steamed Peas Broccoli Florets with Ranch Honey Graham Crackers Pears Milk	1	2	3	4

News

****Please note that items may be substituted due to availability****

Meat/Alternate

Grades K-5 - 1 oz per day/ 8 oz. per week
Grades 6-8 - 1oz per day/ 9 oz. per week
Grades 9-12 - 2 oz. per day/ 10 oz. per week

Grain/Bread

Grades K-5 - 1oz per day/ 8 oz. per week
Grades 6-8 - 1oz per day/ 8 oz. per week
Grades 9-12 - 2oz per day/ 10 oz. per week

Fruit

Grade K-8 - ½ cup per day/ 2 ½ cups per week
Grades 9-12 - 1 cup per day/ 5 cups per week

Vegetable

Grades K-8 - ¾ cup per day/ 3 ¾ cups per week
Grades 9-12 - 1 cup per day/ 5 cups per week

Milk

1 cup 1% or Fat Free

SEPTEMBER | 2022

WCESC School Lunch



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

29	30	31	1 Chicken Walking Taco WG Doritos Lettuce and Cheese Refried Beans Applesauce & Craisins Milk	2 Pizza Broccoli Florets Grape Tomatoes FF Dressing Cup Apple Cookie Milk
5 Labor Day No School	6 Chicken Sandwich on a bun Ketchup Hummus Baby Carrots Clementine & Craisins Milk	7 PB & J Uncrustable Seasoned Potato Wedges Ketchup Celery Sticks with Ranch Banana Milk	8 WG Beef Taco Stick Steamed Corn Fruitable Apple Sauce & Raisins Milk	9 Pizza Broccoli Florets Grape Tomatoes FF Dressing Cup Apple Cookie Milk
12 Cheeseburger on a Bun Mustard and Ketchup Green Beans Baby Carrots with Ranch Pears Milk	13 French Toast Cheesy Potatoes Fruitable Syrup Apple Milk	14 WG Pepperoni Calzone Steamed Carrots Broccoli Florets with Ranch Banana Milk	15 Beef Walking Taco WG Doritos Lettuce and Cheese Salsa Refried Beans Applesauce & Craisins Milk	16 Pizza Broccoli Florets Grape Tomatoes FF Dressing Cup Apple Cookie Milk
19 Meatloaf Sandwich on Bun Steamed Carrots Cucumbers with Ranch Pears Milk	20 Turkey sausage egg and Cheese Wrap String Cheese Hummus with Baby Carrots Sidekick & Raisins Milk	21 Grilled Chicken on a bun BBQ Sauce Steamed Corn Fruitable Clementine & Craisins Milk	22 WG Beef and Bean Burrito Mixed Vegetables Celery Sticks with Ranch Banana Milk	23 Pizza Broccoli florets Grape Tomatoes FF Dressing Cup Apple Cookie Milk
26 Salisbury Steak WG Roll with Butter Steamed Peas Broccoli Florets with Ranch Honey Graham Crackers Pears Milk	27 Grilled Chicken Breast with BBQ String Cheese Steamed Carrots Celery Sticks WG Cornbread Clementines & Craisins Milk	28 Hot dog with Bun Wedge Potatoes Mustard and Ketchup Fruitable Banana Milk	29 WG Queso Pull Apart Refried Beans Baby carrots Raisins & Applesauce Milk	30 Pizza Broccoli Florets Grape Tomatoes FF Dressing Cup Apple Cookie Milk

News

****Please note that ALL items are subject to change****

Meat/Alternate

Grades K-5 - 1oz per day/ 8 oz. per week

Grades 6-8 - 1oz per day/ 9 oz. per week

Grades 9-12 - 2 oz. per day/ 10 oz. per week

Grain/Bread

Grades K-5 - 1oz per day/ 8 oz. per week

Grades 6-8 - 1oz per day/ 8 oz. per week

Grades 9-12 - 2oz per day/ 10 oz. per week

Fruit

Grade K-8 - ½ cup per day/ 2 ½ cups per week

Grades 9-12 - 1 cup per day/ 5 cups per week

****9-12 additional fruit****

Vegetable

Grades K-8 - ¾ cup per day/ 3 ¾ cups per week

Grades 9-12 - 1 cup per day/ 5 cups per week

Milk

1 cup 1% or Fat Free

AUGUST | 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Cheesy Pull apart Marinara Cup Steamed Peas Pears Milk	2 Chicken Sandwich on a bun Ketchup Hummus Baby Carrots Banana Milk	3 PB & J Uncrustable Seasoned Potato Wedges Ketchup Celery Sticks with Ranch Clementines Milk	4 WG Beef Taco Stick Steamed Corn Fruitable Apple Sauce Raisins Milk	5 Pizza Tossed Salad Grape Tomatoes FF Dressing Cup Apple Cookie Milk
8 Cheeseburger on a Bun Mustard and Ketchup Green Beans Baby Carrots with Ranch Pears Milk	9 Cheese Omelet Biscuit Cheddar Mash Fruitable Banana Milk	10 Italian Stromboli Steamed Carrots Broccoli Florets with Ranch Apple Milk	11 Beef Walking Taco WG Doritos Lettuce and Cheese Salsa Refried Beans Applesauce & Craisins Milk	12 Pizza Tossed Salad Grape Tomatoes FF Dressing Cup Apple Cookie Milk
15 Meatloaf Sandwich Steamed Carrots Cucumbers with Ranch Pears Milk	16 WG Beef Pepperoni Calzone Mixed Vegetables Celery Sticks with Ranch Banana Milk	17 Grilled Chicken on a bun BBQ Sauce Steamed Corn Fruitable Clementines Milk	18 Egg and Cheese Wrap String Cheese Hummus with Baby Carrots Sidekick and Raisins Milk	19 Pizza Tossed Salad Grape Tomatoes FF Dressing Cup Apple Cookie Milk
22 Country Fried Steak WG Bun Steamed Peas Broccoli Florets with Ranch Pears Milk	23 Cheese Calzone Steamed Carrots Celery Sticks Banana Milk	24 Hot dog with Bun Wedge Potatoes Mustard and Ketchup Fruitable Clementines Milk	25 WG Queso Pull Apart Refried Beans Baby carrots Applesauce Raisins Milk	26 Pizza Tossed Salad Grape Tomatoes FF Dressing Cup Apple Cookie Milk
29 Sloppy Joe on a Bun Steamed Corn Baby Carrots with Ranch Pears Milk	30 Turkey Ham & Cheese WG Croissant Steamed Carrots Cucumbers with Ranch Banana Milk	31 Hamburger on a bun Cheesy Potatoes Juice 4 U Pear Milk	1 Chicken Walking Taco WG Doritos Lettuce and Cheese Refried Beans Applesauce Milk	2 Pizza Tossed Salad Grape Tomatoes FF Dressing Cup Apple Cookie Milk

News

****Please note that items may be substituted due to availability****

Meat/Alternate

Grades K-5 - 1oz per day/ 8 oz. per week

Grades 6-8 - 1oz per day/ 9 oz. per week

Grades 9-12 - 2 oz. per day/ 10 oz. per week

Grain/Bread

Grades K-5 - 1oz per day/ 8 oz. per week

Grades 6-8 - 1oz per day/ 8 oz. per week

Grades 9-12 - 2oz per day/ 10 oz. per week

Fruit

Grade K-8 - ½ cup per day/ 2 ½ cups per week

Grades 9-12 - 1 cup per day/ 5 cups per week

Vegetable

Grades K-8 - ¾ cup per day/ 3 ¾ cups per week

Grades 9-12 - 1 cup per day/ 5 cups per week

Milk

1 cup 1% or Fat Free