



Breakfast & Lunch Menu

March 2024

WEST INTERMEDIATE SCHOOL

FRIDAY

THE FIRST WEEK OF MARCH IS NATIONAL SCHOOL BREAKFAST WEEK!				NO SCHOOL IN SERVICE GRADES K - 5
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
4 BANANA BREAD ... PIZZA DELI SANDWICH	5 STRAWBERRY WAFFLES ... TERIYAKI CHICKEN + RICE DELI SANDWICH	6 CHOC CHIP BANANA BAR ... HAMBURGER + TOTS DELI SANDWICH	7 NO SCHOOL CONFERENCES GRADES K - 5	8 NO SCHOOL CONFERENCES ALL GRADES
11 FRUDEL ... PIZZA STICK HAM + CHEESE BAGEL	12 CINN TOAST CRUNCH BAR ... FRITO PIE HAM + CHEESE BAGEL	13 SNACK WAFFLE ... NACHOS HAM + CHEESE BAGEL	14 CINNAMON BUN ... CHICKEN NUGGETS HAM + CHEESE BAGEL	15 BENEFIT BAR ... HALF DAY PB&J
18 PANCAKE WRAP ... PIZZA GRILLED CHEESE	19 MINI CINNI ... CHICKEN TACOS QUESADILLA	20 BREAKFAST BURRITO ... FISH STICKS + TOTS GRILLED CHEESE	21 APPLE DONUT ... CHICKEN PATTY SANDWICH QUESADILLA	22 POP TARTS ... HALF DAY MINI CHEESE PIZZA
25	26	27	28	29
HAVE A SAFE AND HAPPY SPRING BREAK!				

Menu subject to change without notice.

Assorted fruit and vegetables offered daily. Milk choices included with both breakfast and lunch.

Students must take all of the following meal components:

BREAKFAST: at least 3 items, 1 must be a fruit or vegetable

- 1 Serving of Milk
- 1 half cup of a Fruit and/or Vegetable
- 1 Serving of Whole Grain
- and/or 1 Serving of Meat/Meat Alternate*

LUNCH: at least 3 items, 1 must be fruit or vegetable

- 1 Serving of Milk
- 1 half cup of Fruit and/or Vegetable (or more)
- 1 Serving of Whole Grain
- and/or 1 Serving of Meat/Meat Alternate*

(*meat/meat alternate examples: cheese, chicken, yogurt, pork, beef, etc)

This institution is an equal opportunity provider.

ALL MEALS ARE FREE OF CHARGE FOR ALL STUDENTS IN THE DISTRICT!