




# Breakfast & Lunch Menu

## April 2024

### WEST INTERMEDIATE SCHOOL



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 BANANA BREAD ... PIZZA  DELI SANDWICH	2 BELGIAN WAFFLES ... ORANGE CHICKEN + RICE  DELI SANDWICH	3 FRUDEL ... BEEF SOFT TACOS  DELI SANDWICH	4 PANCAKE WRAP ... HAMBURGER + TOTS  DELI SANDWICH	5 BREAKFAST ROUND ... <b>HALF DAY</b> GRAB N GO CORN DOGS
8 PANCAKE BITES ... CHEESY BREADSTICKS  CHEESE QUESADILLA	9 SNACK WAFFLE ... PORK CARNITAS  GRILLED CHEESE	10 CINNAMON BUN ... SPIRAL SPAGHETTI + ROLL  CHEESE QUESADILLA	11 BISCUITS + GRAVY ... CHICKEN PATTY SANDWICH  GRILLED CHEESE	12 CHOCOLATE CHIP BENEFIT BAR ... <b>HALF DAY</b> GRAB N GO PB&J
15 CHURROS ... PIZZA  DELI SANDWICH	16 MUFFIN + STRING CHEESE ... TERIYAKI CHICKEN + RICE  DELI SANDWICH	17 CINN TOAST CRUNCH BAR ... NACHOS  DELI SANDWICH	18 SOFT PRETZEL ... FISH STICKS + TOTS  DELI SANDWICH	19 MINI CINNI ... <b>HALF DAY</b> GRAB N GO BEAN + CHEESE BURRITO
22 TOASTED BAGEL ... PIZZA  TURKEY WRAP	23 WAFFLE STICKS ... TACO SOUP + CHIPS  TURKEY WRAP	24 BREAKFAST BURRITO ... MAC + CHEESE + BREADSTICK  TURKEY WRAP	25 FRUIT + YOGURT PARFAIT ... CHICKEN NUGGETS  TURKEY WRAP	26 APPLE DONUT ... <b>HALF DAY</b> GRAB N GO PIZZA STICK
29 FRENCH TOAST STICKS ... CHEESY BREADSTICKS  CHEESE QUESADILLA	30 ZEEZEE BAR + STRING CHEESE ... ORANGE CHICKEN + RICE  GRILLED CHEESE	  		

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!**