



WENATCHEE SCHOOL DISTRICT ELEMENTARY BREAKFAST & LUNCH MENU

February 2017

What is a complete meal? A meal must include three of the five following choices: meat or meat alternative, grain, fruit, vegetable and milk. Students may decline two food choices but must take 1/2-cup fruit and/or vegetables with their meal.

		1 Breakfast: Yogurt & Muffin or choice of Cereal Fruit & Milk Beef Hotdog w/ WG Bun Chicken Caesar Salad w/ WG Roll Cookie Day!	2 Breakfast: Breakfast Burrito or choice of Cereal Fruit & Milk New Item!! Lasagna Roll-Up w/Warm Breadstick V Yogurt, Graham Crackers & String Cheese	3 Breakfast: Hot Ham, Egg & Cheese Sandwich Or choice of Cereal Fruit & Milk Pizza Day! Cheese or Pepperoni V Turkey & Cheese Sandwich
6 Breakfast: Warm Bagel & Cream Cheese Or choice of Cereal Fruit & Milk Cheesy Breadsticks w/ Marinara Dipping Sauce Turkey & Cheese Sandwich Chocolate Milk Day!	7 Breakfast: WG Waffle & Sausage or choice of Cereal Fruit & Milk Chicken Soft Taco w/ Seasoned Refried Beans V Sun Butter & Jelly Sandwich	8 Breakfast: Cinni-Minnis or choice of Cereal Fruit & Milk Hamburger w/ Choice of Cheese on WG Bun V Yogurt, Graham Crackers & String Cheese Cookie Day!	9 Breakfast: Breakfast Pizza Square or choice of Cereal Fruit & Milk Nachos Supreme V Cheese Nachos w/Choice of Beef Chicken Caesar Salad w/ WG Roll	10 Breakfast: Breakfast Tornado or choice of Cereal Fruit & Milk Pizza Day! Cheese or Pepperoni V New Item!! Ham & Cheese Sandwich
13 Breakfast: Yogurt & Muffin Or choice of Cereal Fruit & Milk Bean & Cheese Burrito V Turkey & Cheese Sandwich Chocolate Milk Day!	14 Breakfast: Warm Bagel & Cream Cheese or choice of Cereal, Fruit & Milk Valentines Day!! Hot Italian Meatball Sub Baked Fries Yogurt, Graham Crackers & String Cheese V Valentines Cookie Cookie Day!	15 Breakfast: Ham, Egg & Cheese Sandwich Or Choice of Cereal Fruit & Milk Breakfast for Lunch Waffles & Sausage w/Strawberries & Whip Cream Chicken Caesar Salad w/ WG Roll	16 Breakfast: Breakfast Pizza Square or choice of Cereal Fruit & Milk Creamy Macaroni & Cheese V w/ WG Roll Ham & Cheese Sandwich	17 Breakfast: Pancake & Sausage Stick or choice of Cereal Fruit & Milk Pizza Day! Cheese or Pepperoni V V Sun Butter & Jelly Sandwich
20 NO SCHOOL	21 Breakfast: French Toast Sticks & Sausage or choice of Cereal Fruit & Milk Beef Soft Taco w/ Seasoned Refried Beans V Sun Butter & Jelly Sandwich	22 Breakfast: Cinni-Minnis or choice of Cereal Fruit & Milk Teriyaki Chicken Bowl & Brown Rice New Item!! Fresh Popeye Salad w/ WG Roll Cookie Day!	23 Breakfast: Breakfast Pizza Square or choice of Cereal Fruit & Milk Chicken Alfredo Bake w/ Warm WG Breadstick Yogurt, Graham Crackers & String Cheese V	24 Breakfast: Hot Ham, Egg & Cheese Sandwich or choice of Cereal Fruit & Milk Pizza Day! Cheese or Pepperoni V Turkey & Cheese Sandwich
27 Breakfast: Breakfast Tornado or choice of Cereal Fruit & Milk Baked Chicken Bites V Sun Butter & Jelly Sandwich Chocolate Milk Day!	28 Breakfast: Pancake & Sausage Stick or choice of Cereal Fruit & Milk New Item!! Raviolis w/ WG Roll Yogurt, Graham Crackers & String Cheese V		Vegetarian Options V Identifies menu items that are or can be served without meat. Vegetarian options may contain eggs, dairy or fish. WG= Whole Grain	Meal Prices Breakfast: \$ 1.50 Free/Reduced: \$0.00 K-3 Lunch: \$ 2.75 Free/Reduced: \$0.00 4-5 Lunch: \$ 2.75 Free: \$0.00 Reduced: \$0.40 Adult: \$2.25 Breakfast \$3.50 Lunch
GARDEN BAR				
Every lunch includes an unlimited garden bar. Kids can fill their plates with all the fruits and veggies they desire. About 10 options are offered daily from the following: salad mix, spinach, coleslaw, oranges, cucumbers, carrots, cauliflower, apples, corn/peas, broccoli, bananas & zucchini. Many items come from local farms!!				
Monday	Tuesday	Wednesday	Thursday	Friday
Pick your favorite each day:				