



9-12

LUNCH MENU

WEEK 1 – BREAKFAST – WEEK STARTING 3/1, 3/15, 3/29

Monday	Tuesday	Wednesday	Thursday	Friday
EGG & CHEESE ON WG ENGLISH MUFFIN 100% Fruit Juice Fat Free or 1% MILK	WG APPLE FREUDAL 100% Fruit Juice Fat Free or 1% MILK	WG CINNAMON PULL APART 100% Fruit Juice Fat Free or 1% MILK	SAUSAGE & CHEESE ON WG BISCUIT 100% Fruit Juice Fat Free or 1% MILK	WG CHERRY FREUDAL 100% Fruit Juice Fat Free or 1% MILK

WEEK 1 – LUNCH

POPCORN CHICKEN MASHED POTATOES W/BUTTERED CORN FRESH BAKED WG DINNER ROLL APPLESAUCE Fat Free or 1% MILK	CHEESEBURGER ON WG BUN BAKED FRIES FRESH HAND FRUIT Fat Free or 1% MILK	WG INDIVIDUAL PIZZA VEGETABLE STICKS W/RANCH DRESSING RAISINS Fat Free or 1% MILK	MAC & CHEESE FRESH BAKED WG DINNER ROLL SEASONED GREEN BEANS FRESH FRUIT Fat Free or 1% MILK	CHICKEN PATTY ON WG BUN VEGGIE BAG SUNCHIPS 100% FRUIT CUP Fat Free or 1% MILK
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SATURDAY & SUNDAY – MINI WAFFLES & PANCAKES MINI CORN DOGS, CHEESY BREADSTICKS, FRIES

WEEK 2 – BREAKFAST - WEEK STARTING 3/8, 3/22

Monday	Tuesday	Wednesday	Thursday	Friday
EGG & CHEESE ON WG ENGLISH MUFFIN 100% Fruit Juice Fat Free or 1% MILK	WG APPLE FREUDAL 100% Fruit Juice Fat Free or 1% MILK	WG CINNAMON PULL APART 100% Fruit Juice Fat Free or 1% MILK	SAUSAGE & CHEESE ON WG BISCUIT 100% Fruit Juice Fat Free or 1% MILK	WG CHERRY FREUDAL 100% Fruit Juice Fat Free or 1% MILK

WEEK 2 - LUNCH

WG CALZONE W/MARINARA CUP VEGETABLE STICKS APPLESAUCE Fat Free or 1% MILK	CHEESEBURGER ON WG BUN BAKED FRIES FRESH HAND FRUIT Fat Free or 1% MILK	SLICE OF WG CHEESE PIZZA CARROTS & CELERY STICKS W/RANCH RICE KRISPY TREAT 100% FRUIT CUP Fat Free or 1% MILK	CHICKEN PHILLY W/PEPPERS, ONIONS & CHEESE ON WG HOAGIE BUN FRIES ROASTED BROCCOLI FRESH FRUIT Fat Free or 1% MILK	BAKED CHICKEN WINGS CELERY STICKS W/RANCH WG BISCUIT POTATO WEDGES 100% FRUIT CUP Fat Free or 1% MILK
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SATURDAY & SUNDAY – MINI WAFFLES & PANCAKES CHICKEN TENDERS, CALZONE, FRIES

MENU SUBJECT TO CHANGE

Any questions, please call the Food Service Director Christopher Crist 216.691.2099 or email crist@sel.k12.oh.us
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