

# WMS Menu May 2024

**Offered Daily**

Bean & Cheese Burrito-wg  
 Variety of Fresh Vegetables

At least 1 Fresh Fruit Offered daily:  
 Apples, Oranges, Kiwi, Grapes,  
 Melon, Seasonal Fruit

3 of the Following Canned Fruit  
 Choices: Peaches, Pineapple,  
 Mixed Fruit, Applesauce, Pears,  
 Mandarin Oranges

Milk: White 1%, Chocolate Non-Fat

All grains are whole grain.

**Every Lunch Includes:**

1. Fruit-1 Cup
2. Vegetable-1 Cup
3. Grain-1 to 2 Ounces
4. Protein-2 to 4 Ounces
5. Dairy-8 Ounces

You may have all 5 categories, but  
 may take as few as 3. One of your 3 to  
 5 items **MUST** be a fruit or vegetable.

**Save time & money! No Fees  
 for Food Service online De-  
 positing!**

**Visit**  
[www.washington.k12.mo.us](http://www.washington.k12.mo.us)

*Click on Online Payments under Quick  
 Links and follow the prompts.*

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chicken Tenders Pulled Pork on Bun Tater Tots Baked Beans Variety Grab & Go Salads	2 Domino's Pizza-Cheese or Pepperoni Turkey Club on Bun Mac & Cheese Zucchini Variety Grab & Go Salads Rice Krispy Treat	3 Queso Beef Nachos Chicken Patty on Bun Mexican Rice Corn Variety Grab & Go Salads
6 Wing Dings BBQ Burger on Bun California Vegetables French Fries Variety Grab & Go Salads	7 Variety Pizza Chicken Patty on Bun Potato Wedges Glazed Carrots Variety Grab & Go Salads Cookie	8 Toasted Ravioli Chicken Pasta Alfredo Vegetable Medley Au Gratin Potatoes Variety Grab & Go Salads	9 Domino's Pizza-Cheese or Pepperoni Crispy Chicken Wrap Corn Variety Grab & Go Salads Edible Cookie Dough	10 Taco in a Bag Dilly-fil-a Chicken Sandwich Mexican Rice Vegetable Medley Variety Grab & Go Salad
13 Chicken Fried Chicken Cheeseburger on Bun Mashed Potatoes Green Beans Variety Grab & Go Salads Biscuit	14 General Tso Chicken Chicken Patty on Bun Brown Rice Broccoli Variety Grab & Go Salads Ice Cream Cup	15 Chicken Tenders Pulled Pork on Bun Tater Tots Baked Beans Variety Grab & Go Salads	16 Domino's Pizza-Cheese or Pepperoni Turkey Club on Bun Mac & Cheese Zucchini Variety Grab & Go Salads Ice Cream Cup	17 Queso Beef Nachos Chicken Patty on Bun Mexican Rice Corn Variety Grab & Go Salads
20 <b>Sack Lunch</b> Ham & Cheese on Bun Baked Chips Baby Carrots Applesauce Cup Cookie	21 <b>Sack Lunch-Last Day</b> Turkey & Cheese on Bun Baked Chips Baby Carrots Applesauce Cup Cookie	22 <b>PD DAY FOR STAFF CLOSING CEREMONY 9 AM FOR STAFF AT CJB</b>	23	24
27 <b>MEMORIAL DAY NCD</b>	28	29	30	31

*"This institution is an equal opportunity provider."*