

# September 2019

# Weston Preparatory Academy Lunch Menu

| Monday   | Tuesday   | Wednesday  | Thursday   | Friday   |
|--|---|--|--|--|
| 2<br><b>Grilled Cheese Sandwich</b><br>4 oz. Grilled Cheese<br>1/2 c. Diced Peaches<br>3/4 c. Sweet Potato Fries<br>2 oz. WW Bread<br>Ketchup<br>Choice of Milk                              | 3<br><b>Pancake Brunch</b><br>2 oz. (2) Sausage Links<br>1/2 c. Diced Pears<br>3/4 c. Shredded Hashbrowns w/ 1 oz. Cheese<br>(2) WG Buttermilk Pancakes<br>Syrup<br>Ketchup<br>Choice of Milk                       | 4<br><b>Italian Pepperoni Calzone</b><br>5 oz. Italian Pepperoni Calzone<br>1/2 c. Tropical Fruit<br>3/4 c. Glazed Carrots<br>Choice of Milk   | 5<br><b>Chicken Drumstick</b><br>4.4 oz. WG Drumstick<br>1/2 c. Fresh Orange<br>3/4 c. Seasoned Greens<br>2 oz. WG Corn Muffin<br>BBQ Sauce<br>Choice of Milk                                | 6<br><b>Happy's Pizza</b><br>5.72 oz. Slice of Pizza<br>1/2 c. Seasonal Fresh Fruit<br>3/4 c. Cucumbers w/ Ranch<br>2 oz. WG Pizza Crust<br>Choice of Milk                               |
| 9<br><b>Grilled Cheese Sandwich</b><br>4 oz. Grilled Cheese<br>1/2 c. Diced Peaches<br>3/4 c. Sweet Potato Fries<br>2 oz. WW Bread<br>Ketchup<br>Choice of Milk                              | 10<br><b>Mexican Beef Burrito</b><br>5 oz. Beef & Cheese Burrito<br>1/2 c. Fresh Yellow Apple<br>3/4 c. Pinto Beans<br>1/4 c. Mexican Rice<br>(1) WG Tortilla<br>Taco Sauce<br>Choice of Milk                       | 11<br><b>Mashed Potato Bowl</b><br>(6) WG Popcorn Chicken<br>1 oz. Cheddar Cheese<br>1 oz. Gravy<br>1/2 c. Cinnamon Applesauce<br>1/2 c. Mashed Potatoes<br>1/4 c. Corn<br>1.1 oz WG Dinner Roll<br>Choice of Milk | 12<br><b>Teriyaki Chicken Chow Mein</b><br>2.8 oz. Teriyaki Chicken<br>1/2 c. Fresh Banana<br>3/4 c. Steamed Peas<br>1 c. WG Chow Mein Noodles<br>Choice of Milk                             | 13<br><b>Happy's Pizza</b><br>5.72 oz. Slice of Pizza<br>1/2 c. Pineapple Tidbits<br>1 c. Side Salad & 1/4 c. Diced Tomato w/ Italian Dressing<br>2 oz. WG Pizza Crust<br>Choice of Milk |
| 16<br><b>Breakfast Omelet Brunch</b><br>3 oz. Cheese Omelet<br>1/2 c. Diced Pears<br>3/4 c. Diced Hashbrowns<br>2 oz. WG Biscuit<br>Ketchup<br>Choice of Milk                                | 17<br><b>Mexican Chicken Fajitas</b><br>2.8 oz. Chicken Fajita Strips<br>1 oz. Mexican Cheese<br>1/2 c. Fresh Orange<br>1/2 c. Black Beans & 1/4 c. Red Peppers<br>(2) WG Tortillas<br>Taco Sauce<br>Choice of Milk | 18<br><b>BBQ Ribette Sandwich</b><br>2.92 BBQ Ribette<br>1/2 c. Mandarin Oranges<br>3/4 c. Sweet Potato Tots<br>2.05 oz. WG Hamburger Bun<br>Ketchup<br>Choice of Milk   | 19<br><b>Chicken Alfredo Casserole</b><br>2.8 oz. Grilled Chicken<br>1 oz. Mozzarella Cheese<br>1/2 c. Fresh Red Apple<br>3/4 c. Broccoli Florets<br>1 c. WG Penne Noodles<br>Choice of Milk | 20<br><b>Happy's Pizza</b><br>5.72 oz. Slice of Pizza<br>1/2 c. Seasonal Fresh Fruit<br>3/4 c. Baby Carrots w/ Ranch<br>2 oz. WG Pizza Crust<br>Choice of Milk                           |
| 23<br><b>Chicken Patty Sandwich</b><br>3.29 oz. WG Breaded Chicken Patty<br>1/2 c. Applesauce<br>3/4 c. Tater Tots<br>2.05 oz. WG Hamburger Bun<br>Mayo<br>Ketchup<br>Choice of Milk         | 24<br><b>Mexican Beef Nachos</b><br>3 oz. Seasoned Beef<br>1 oz. Mexican Cheese<br>1/2 c. Diced Peaches<br>1/2 c. Black Beans<br>1/4 c. Corn Salsa<br>2 oz. WG Corn Chips<br>Taco Sauce<br>Choice of Milk           | 25<br><b>Crispy Chicken Wings</b><br>(5) Chicken Wings<br>1/2 c. Fresh Green Apple<br>3/4 c. Mashed Potatoes<br>2 oz. WG Corn Muffin<br>Ranch<br>Choice of Milk  | 26<br><b>Cheeseburger Mac</b><br>4 oz. Ground Beef & Cheese<br>1/2 c. Fresh Banana<br>3/4 c. Broccoli<br>1 c. WG Macaroni Noodles<br>Choice of Milk  | 27<br><b>Happy's Pizza</b><br>5.72 oz. Slice of Pizza<br>1/2 c. Diced Pears<br>3/4 c. Cucumbers w/ Ranch<br>2 oz. WG Pizza Crust<br>Choice of Milk                                       |
| 30<br><b>French Toast Brunch</b><br>2 oz. (2) Sausage Links<br>1/2 c. Mixed Fruit<br>3/4 c. Shredded Hashbrowns w/ 1 oz. Cheese<br>(2) WG French Toast<br>Syrup<br>Ketchup<br>Choice of Milk | <b>TOMATOES</b>   |  |  |  |

Tomatoes can be used in a number of different ways. They can be eaten whole, cut up to place ON salads, or made into different types of sauces such as spaghetti sauce or pizza sauce. They are also a great source of vitamin C, potassium, folate, and vitamin K.

## ALTERNATE ENTREE MENU

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| <b>MONDAY</b><br>Beef Hamburger on WW Bun, Fruit of the Day, Sweet Potatoes, Baked Beans & Milk           |
| <b>TUESDAY</b><br>Happy's Pizza, Fruit of the Day, Side Salad w/ Ranch & Milk                             |
| <b>WEDNESDAY</b><br>Beef Mostaccioli w/ Cheese, Glazed Carrots, Fruit of the Day, WG Noodles & Milk       |
| <b>THURSDAY</b><br>Crispy Chicken Nuggets, Fruit of the Day, Tater Tots, WG Dinner Roll, BBQ Sauce & Milk |

## ALTERNATE SALAD MENU

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| <b>MONDAY</b><br>Chicken Pasta Salad, Fruit of the Day, Fresh Baby Carrots, WG Pasta & Milk   |
| <b>TUESDAY</b><br>Chef Salad, Fruit of the Day, WG Corn Muffin, Ranch & Milk  |
| <b>WEDNESDAY</b><br>Southwest Taco Salad, Fruit of the Day, Romaine Lettuce, Corn, Black Beans, WG Corn Chips, Taco Sauce & Milk      |
| <b>THURSDAY</b><br>Crispy Chicken Salad, Fruit of the Day, Romaine Lettuce, Tomato, Carrots, WG Corn Muffin, Ranch & Milk             |
| <b>FRIDAY</b><br>Chicken Ceaser Salad, Fruit of the Day, Romaine Lettuce, Cucumbers, Croutons, WG Dinner Roll, Ceaser Dressing & Milk |

## DAILY MILK OPTIONS:

- 1% UNFLAVORED MILK
- FAT-FREE STRAWBERRY MILK
- 1% CHOCOLATE MILK