

Weston Academy Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Teriyaki Chicken 2 oz. Grilled Chicken 3/4 c. Broccoli 1 c. Brown Rice SIDES 1/2 c. Fresh Apple Choice of Milk	2 Mini Chicken Corn Dogs (5) Mini Corn Dogs 2 oz. WG Breading Ketchup & Mustard SIDES 3/4 c. Potato Wedges 1/2 c. Fresh Orange Choice of Milk	3 Mexican Beef Tacos 2 oz. Beef & Cheese 1/4 c. Lettuce & Tomato 1/2 c. Black Bean Corn Salsa (2) WG Tortillas SIDES 1/2 c. Fresh Banana Choice of Milk	4 Beef Pepperoni Calzone 2 oz. Pepperoni & Cheese 2 oz. WG Crust 3/4 c. Cucumbers w/ Ranch SIDES 1/2 c. Mixed Fruit Choice of Milk
7 Beef Hamburger 2 oz. Beef Patty 2 oz. WG Bun Ketchup & Mustard SIDES 3/4 c. Sweet Potatoes 1/2 c. Diced Pineapple Choice of Milk	8 Italian Beef Spaghetti 1.5 oz. (3) Meatballs & 1 oz. Mozzarella Cheese 3/4 c. Italian Green Beans 2 oz. WG Pasta SIDES 1/2 c. Diced Pears Choice of Milk	9 Chicken Nuggets (5) WG Chicken Nuggets 1 oz. WG Breading 1.1 oz WG Dinner Roll SIDES 3/4 c. Whole Kernel Corn 1/2 c. Fresh Apple Choice of Milk	10 Fiesta Chicken Bowl 2 oz. Chicken & Cheddar Cheese 3/4 c. Black Bean Corn Salsa 1 c. Brown Rice SIDES 1/2 c. Fresh Orange Choice of Milk	11 Pizza 2 oz. Pepperoni & Cheese 2 oz. WG Crust 3/4 c. Baby Carrots SIDES 1/2 c. Applesauce Choice of Milk
14 Chicken Patty Sandwich 3.29 oz. Crispy Chicken Patty 2 oz. WG Bun Mayo SIDES 3/4 c. Sweet Potatoes 1/2 c. Diced Pears Choice of Milk	15 Cheeseburger Mac 2 oz. Beef & Cheese 3/4 c. Green Peas 2 oz. WG Pasta SIDES 1/2 c. Fresh Apple Choice of Milk	16 Meatball Marinara Sub 1.5 oz. (3) Beef Meatballs 1 oz. Mozzarella Cheese 2 oz. WG Sub Bun SIDES 3/4 c. Tater Tots 1/2 c. Fresh Orange Choice of Milk	17 Mexican Beef Tacos 2 oz. Beef & Cheese 1/4 c. Lettuce & Tomato 1/2 c. Black Bean Corn Salsa (2) WG Tortillas SIDES 1/2 c. Fresh Banana Choice of Milk	18 Beef Pepperoni Calzone 2 oz. Pepperoni & Cheese 2 oz. WG Crust 3/4 c. Cucumbers w/ Ranch SIDES 1/2 c. Mixed Fruit Choice of Milk
21 BBQ Ribette 2.8 oz. BBQ Ribette 2 oz. WG Bun SIDES 3/4 c. Sweet Potatoes 1/2 c. Mandarin Oranges Choice of Milk	22 Italian Mostaccioli 2 oz. Beef & Cheese 3/4 c. Italian Green Beans 2 oz. WG Pasta SIDES 1/2 c. Diced Pears Choice of Milk	23 Crispy Chicken Tenders (3) WG Chicken Tenders 1.1 oz WG Dinner Roll SIDES 3/4 c. Oven Roasted Potatoes 1/2 c. Fresh Apple Choice of Milk	24 Mexican Beef Burrito 2 oz. Beef & Cheese 3/4 c. Black Bean Corn Salsa 2 oz WG Tortilla SIDES 1/2 c. Fresh Orange Choice of Milk	25 Pizza 2 oz. Pepperoni & Cheese 2 oz. WG Crust 3/4 c. Baby Carrots SIDES 1/2 c. Applesauce Choice of Milk
28 Sloppy Joe 2 oz. Beef 2 oz. WG Bun SIDES 3/4 c. Glazed Carrots 1/2 c. Mandarin Oranges Choice of Milk	This institution is an equal opportunity provider. *Menu items are subject to change based on availability.*			

ALTERNATIVE OPTIONS
MONDAY Grilled Chicken Pita 2 oz. Grilled Chicken, 2 oz. WG Pita & Ranch
TUESDAY Crispy Chicken Salad 2 oz. Crispy Chicken & Cheese, 1 oz WG Dinner Roll, 1 c. Romaine, 3/4 c. Tomato & Cucumber & Ranch
WEDNESDAY Italian Deli Sub 2 oz. Turkey & Cheese, 2 oz. WG Sub Bun & Italian Dressing
THURSDAY Chicken Pasta Salad 2 oz. Chicken, 3/4 c. Broccoli, Peppers, Carrots & 2 oz. WG Pasta
FRIDAY Southwest Salad 2 oz. Beef & Cheese, 3/4 c. Black Beans/Corn, 1 c. Romaine, 2 oz. WG Corn Chips & Taco Saue
All meals are served with the "sides of the day" and your choice of Milk