

Weston K-8 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Crispy Chicken Tenders (3) Chicken Tenders 2 oz. WG Corn Muffin</p> <p>SIDES 3/4 c. Waffle Fries 1/2 c. Fresh Apple</p> <p>BBQ Sauce Ketchup</p>	<p>2 Mexican Beef Tacos 3 oz. Seasoned Beef 1 oz. Shredded Cheddar (2) WG Tortillas</p> <p>SIDES 3/4 c. Roasted Garbanzo Beans 1/2 c. Fresh Seasonal Fruit</p> <p>Taco Sauce</p>	<p>3 Baked Chicken Wings 5 - Chicken Wings</p> <p>SIDES 3/4 c. Sweet Potato Wedges 1/2 c. Fresh Orange</p> <p>BBQ Sauce Ketchup</p>	<p>4 Beef Hot Dog 2 oz. Beef Hot Dog 2 oz. WW Hot Dog Bun</p> <p>SIDES 3/4 c. Fries 1/2 c. Fresh Banana</p> <p>Ketchup</p>	<p>5 Pizza 2 oz. Pepperoni & Cheese 2 oz. WG Crust</p> <p>SIDES 3/4 c. Fresh Broccoli w/ Ranch 1/2 c. Fresh Seasonal Fruit</p> <p>Ranch</p>
<p>8 BBQ Ribette Sandwich 2.8 oz. BBQ Beef Ribette 2.05 oz. WW Hamburger Bun</p> <p>SIDES 3/4 c. Tater Tots 1/2 c. Fresh Apple</p> <p>Ketchup</p>	<p>9 Mexican Beef Burrito 3 oz. Seasoned Beef 1 oz. Shredded Cheddar 2 oz WG Tortilla</p> <p>SIDES 3/4 c. Pinto Beans 1/2 c. Fresh Seasonal Fruit</p> <p>Taco Sauce</p>	<p>10 Baked Chicken Wings 5 - Chicken Wings</p> <p>SIDES 3/4 c. Sweet Potato Fries 1/2 c. Fresh Orange</p> <p>BBQ Sauce Ketchup</p>	<p>11 Beef Hamburger 2.5 oz. Beef Patty 2.05 oz. WW Hamburger Bun</p> <p>SIDES 3/4 c. Waffle Fries 1/2 c. Fresh Banana</p> <p>Ketchup</p>	<p>12 Pizza 2 oz. Pepperoni & Cheese 2 oz. WG Crust</p> <p>SIDES 1 1/2 c. Garden Salad w/ Ranch 1/2 c. Fresh Seasonal Fruit</p> <p>Italian Dressing</p>
<p>15 Chicken Patty Sandwich 3.29 oz. Crispy Chicken Patty 2 oz. WG Bun</p> <p>SIDES 3/4 c. Sweet Potato Tots 1/2 c. Fresh Apple</p> <p>Ketchup Mayo</p>	<p>16 Walking Taco 3 oz. Seasoned Beef 1 oz. Shredded Cheddar 2 oz. WG Corn Chips</p> <p>SIDES 3/4 c. Black Bean Salsa 1/2 c. Fresh Seasonal Fruit</p> <p>Taco Sauce</p>	<p>17 Baked Chicken Wings 5 - Chicken Wings</p> <p>SIDES 3/4 c. Waffle Fries 1/2 c. Fresh Orange</p> <p>BBQ Sauce Ketchup</p>	<p>18 Italian Spaghetti 2 oz. Ground Beef 1 oz. Mozzarella Cheese 1 c. WG Spaghetti Noodles 1/4 c. Spaghetti Sauce</p> <p>SIDES 3/4 c. Broccoli 1/2 c. Fresh Banana</p>	<p>19 Pizza 2 oz. Pepperoni & Cheese 2 oz. WG Crust</p> <p>SIDES 3/4 c. Baby Carrots 1/2 c. Fresh Seasonal Fruit</p> <p>Ranch</p>
<p>22 Beef Sloppy Joe 2 oz. Ground Beef 2 oz. WG Bun</p> <p>SIDES 3/4 c. Sweet Potato Wedges 1/2 c. Fresh Apple</p> <p>Ketchup</p>	<p>23 Mexican Beef Tacos 3 oz. Seasoned Beef 1 oz. Shredded Cheddar (2) WG Tortillas</p> <p>SIDES 3/4 c. Roasted Garbanzo Beans 1/2 c. Fresh Seasonal Fruit</p> <p>Taco Sauce</p>	<p>24 Baked Chicken Wings 5 - Chicken Wings</p> <p>SIDES 3/4 c. Tater Tots 1/2 c. Fresh Orange</p> <p>Ketchup BBQ Sauce</p>	<p>25 French Toast Brunch (2) Turkey Sausage Links (2) WG French Toast</p> <p>SIDES 3/4 c. Hashbrowns w/ Cheese 1/2 c. Fresh Banana</p> <p>Syrup</p>	<p>26 Pizza 2 oz. Pepperoni & Cheese 2 oz. WG Crust</p> <p>SIDES 3/4 c. Fresh Broccoli w/ Ranch 1/2 c. Fresh Seasonal Fruit</p> <p>Ranch</p>
<p>29 Chicken Nuggets (5) Chicken Nuggets 1.1 oz WG Dinner Roll</p> <p>SIDES 3/4 c. Sweet Potato Fries 1/2 c. Fresh Apple</p> <p>BBQ Sauce Ketchup</p>	<p>30 Walking Taco 3 oz. Seasoned Beef 1 oz. Shredded Cheddar 2 oz. WG Corn Chips</p> <p>SIDES 3/4 c. Black Bean Salsa 1/2 c. Fresh Seasonal Fruit</p> <p>Taco Sauce</p>	<p>This institution is an equal opportunity provider. *Menu items are subject to change based on availability.* Choice of Milk: FF Chocolate, FF White or 1% White</p>		

ALTERNATIVE OPTIONS

MONDAY

ALT - Vegetarian Lasagna (VG)

6 oz. Cheese Lasagna w/ WG Noodles & 3/4 c. Glazed Carrots

SALAD - Chicken Pasta Salad

2.8 oz. Grilled Chicken, 1 c. WG Pasta, 3/4 c. Carrots, Broccoli, Peppers, Italian Dressing

TUESDAY

ALT - Bean & Cheese Burrito (VG)

4 oz. Bean & Cheese Burrito on WG Tortilla, 3/4 c. Mexican Corn, Salsa

SALAD - Southwest Salad

2 oz. Taco Beef, 1 oz. Cheddar Cheese, 1.5 c. Romaine, 1/4 c. Black Beans, 2 oz. WG Corn Chips, Taco Sauce

WEDNESDAY

ALT - WG Grilled Cheese Sandwich (VG)

4 oz. WG Grilled Cheese on WW Bread, 3/4 c. Tater Tots, Ketchup

SALAD - Chef Salad

2.8 oz. Turkey, 1 oz. Cheese, 1.5 c. Romaine, 1/4 c. Cucumber, 2 oz. WG Croutons, Ranch

THURSDAY

Cheese Pizza (VG)

4 oz. WG Cheese Pizza w/ WG Crust, 3/4 c. Broccoli

Crispy Chicken Salad

3.39 oz. WG Crispy Chicken, 1 oz. Cheddar Cheese, 1.5 c. Romaine, 1/4 c. Tomato, 2 oz. WG Croutons, Ranch

***All meals are served with the "fruit of the day" & your choice of milk. FF Chocolate, FF**