



May 2016

Westland School K-12

LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>* WG Breakfast Sandwich * Chicken Caesar Shaker Salad w/ WG Goldfish</p> <p>- w/ Tater Tots & Orange</p>	<p>3</p> <p>* Spaghetti & Meatballs * Popcorn Chicken Shaker Salad w/ WG Goldfish</p> <p>- w/ Carrot Sticks & Mixed Fruit</p>	<p>4</p> <p>* Sardella's Cheese Pizza * Buffalo Chicken Shaker Salad w/ WG Goldfish</p> <p>- w/ Garden Salad & 100% Fruit Punch</p>	<p>5</p> <p>* Chicken Parmesan Sandwich * Ranch Chicken Shaker Salad w/ WG Goldfish</p> <p>- w/ Cucumber Wedges & 100% Orange Juice</p>	<p>6</p> <p>* Cheeseburger * Chicken Taco Shaker Salad w/ WG Tortilla Chips</p> <p>- w/ Ranch Beans & Apple</p>
<p>9</p> <p>* Spicy Honey Chicken Bowl w/ WG Rice * Popcorn Chicken Shaker Salad w/ WG Goldfish</p> <p>- w/ Apple</p>	<p>10</p> <p>* Hot Ham & Cheese * Chicken Caesar Shaker Salad w/ WG Goldfish</p> <p>- w/ Carrot Sticks & Pear</p>	<p>11</p> <p>* Sardella's Pepperoni Pizza * Buffalo Chicken Shaker Salad w/ WG Goldfish</p> <p>- w/ Garden Salad & 100% Fruit Punch</p>	<p>12</p> <p>* Orange Chicken Bowl w/ WG Rice * Ranch Chicken Shaker Salad w/ WG Goldfish</p> <p>- w/ Celery Sticks & Sliced Peaches</p>	<p>13</p> <p>* Club Sub * Chicken Taco Shaker Salad w/ WG Tortilla Chips</p> <p>- w/ Jicama & Watermelon Frozen 100% Juice Cup</p>
<p>16</p> <p>* Soft Pretzel & Cheese * Chicken Taco Shaker Salad w/ WG Tortilla Chips</p> <p>- w/ Carrot Sticks & Blue Raspberry Frozen 100% Juice Cup</p>	<p>17</p> <p>* Penne Pasta w/ Meat Sauce * Buffalo Chicken Shaker Salad w/ WG Goldfish</p> <p>- w/ Cucumber Wedges & Pineapple Tidbits</p>	<p>18</p> <p>* Sardella's Cheese Pizza * Ranch Chicken Shaker Salad w/ WG Goldfish</p> <p>- w/ Garden Salad & 100% Fruit Punch</p>	<p>19</p> <p>* Hot 'n Spicy Chicken Sandwich * Popcorn Chicken Shaker Salad w/ WG Goldfish</p> <p>- w/ Jicama & Spiced Apples</p>	<p>20</p> <p>* Beef & Cheese Taco Snack * Chicken Caesar Shaker Salad w/ WG Goldfish</p> <p>- w/ Refried Beans & Grapes</p>
<p>23</p> <p>* Chicken, Cheese & Bean Burrito * Popcorn Chicken Shaker Salad w/ WG Goldfish</p> <p>- w/ Celery Sticks & Applesauce</p>	<p>24</p> <p>* Hero Sub * Ranch Chicken Shaker Salad w/ WG Goldfish</p> <p>- w/ Carrot Sticks & Cherry/Blue Raspberry Frozen 100% Juice Cup</p>	<p>25</p> <p>* Sardella's Pepperoni Pizza * Buffalo Chicken Shaker Salad w/ WG Goldfish</p> <p>- w/ Garden Salad & 100% Fruit Punch</p>	<p>26</p> <p>* Chicken Corndog * Chicken Taco Shaker Salad w/ WG Tortilla Chips</p> <p>- w/ Ranch Beans & Peaches & Strawberries</p>	<p>27</p> <p>* Popcorn Chicken & Tots * Chicken Caesar Shaker Salad w/ WG Goldfish</p> <p>- w/ Gala Apple</p>
<p>30</p>	<p>31</p>		<p>Keep updated - read the <u>Local Wellness Policy</u> located in the main office.</p>	<p>(Grades 6-12 choice of turkey sub, meal or salad bar every day)</p>

* USDA is an equal opportunity provider and employer.
 * Menus are subject to change based on product availability.
 * WG = whole grain

All meals come with choice of 8 oz. 1% milk or 8 oz. fat free chocolate milk