





APRIL 2016

WQS 2016 KP-4thth Lunch Menu

PK-4TH ELEMENTARY SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 FL: BAR BQ Pulled-PORK on Bun on Bun w/ Carrot sticks w/ FF Ranch Dressing and Goldfish Crackers Cheddar KICKIN BAR BQ CHICKEN ROASTED Potato Salad Seasoned Green Beans Burger Salad Rosy Applesauce WG Rolls
4 FL: TOASTED CHEESE SANDWICH w/Sun Chips Salsa CHICKEN FRIED STEAK FINGERS Mashed Potatoes Peas and Carrots Chilled Mixed Fruit WG Rolls / Crème Gravy	5 SALAD: CHEF SALAD - Turkey w/WG Roll HOT HAM AND CHEESE ON BUN Glazed Carrots Celery Sticks / Dip WG CHIPS Slush Cup	6 FL: CORN DOG w/ mustard , ketchup & Baked Lays Chips PIZZA (Home-style) (Cheese/Pepperoni) Corn-on-Cobb(2) Romaine Garden Side Salad Chilled Mandarin Oranges	7 SALAD: BEEF TACO SALAD WG Tortilla Chips BEEFY NACHO Spanish Rice / Refried Beans Lettuce & Tomato Salad 100% Fruit Slush Cup Jalapeno /Salsa	8 FL: HAMBURGER w/ mustard, mayo, ketchup & Goldfish Crackers Cheddar CRISPY CHICKEN PATTY Au Gratin Potato Seasoned Mix Vegetables Hamburger Salad Chilled Pineapple Tidbits WG Rolls Ketchup
11 FL: HOT DOG w Sun Chips –Garden Salsa SWEDISH MEATBALL Scalloped Potatoes Green Peas (Seasoned) Blushing Pear WG Rolls	12 SALAD: CRISPY CHICKEN SALAD w/ WG Roll & w/ FF Ranch Grill Chicken Parmesan w/Marinara Spaghetti noodles Mixed Vegetable Deli Salad/Cucumber chips 100% Fruit Slush Cup Fortune Cookie / WG Roll	13 FL: TURKEY and CHEESE SANDWICH w/ Baked Lays Chips PIZZA (Home-style) (Cheese/ Pepperoni/Spicy Pep) Italian Cut Green Beans Seasoned Corn Chilled Peaches	14 SALAD: CHICKEN FAJITA SALAD WG Tortilla Chips ENCHILADA CASSEROLE Pinto Beans Spanish Rice Lettuce & Tomato Salad 100% Fruit Slush Cup Salsa /Jalapeno	15 FL: CHICKEN NUGGETS w/ Ketchup & Carrot Sticks w/ FF Ranch and Goldfish Crackers Cheddar MINI CORN DOG w/ mustard Sweet Potato Fries Steamed Broccoli Chilled (Frozen) Peach Cup
18 FL: POPCORN CHICKEN w/ WG Roll/Carrot Sticks & Ranch & Ketchup Homestyle Chicken Patty w/Crème Gravy Au Gratin Potatoes Black- eye Peas Chilled Mixed Fruit WG Roll	19 SALAD: CHEF SALAD w/ Turkey w/ WG Roll & w/ FF Ranch ZESTY ORANGE CHICKEN w/ Rice (Steamed) Brown Glazed Carrots Stir Fry Blend Vegetables Fortune Cookie 100% Fruit Slush Cup WG Rolls	20 FL: CHICKEN RINGS w/Ketchup Corn on Cobb and Cherry Tomatoes & WG Garlic Butter Roll PIZZA (Home-style) (Cheese/ Pepperoni/Mexican) Seasoned Corn Baked Italian Zucchini & Tomatoes Chilled Mandarin	21 SALAD: BEEF TACO SALAD WG Tortilla Chips NACHO CHEESE w/ Fajita Chicken Charro Beans Spanish Rice Lettuce & Tomato Salad Seasonal Fresh Fruit 100% Fruit Slush Cup Jalapeno / Salsa	22 FL: BAR BQ Pulled-PORK on Bun w/ Carrot sticks w/ FF Ranch Dressing and Goldfish Crackers Cheddar Southwest Chicken Wrap Corn on Cobb (1) Baked Beans Burger Salad Chilled Pineapple Tidbits Seasonal Fresh Fruit WG Rolls
25 FL: HOT DOG w Sun Chips –Garden Salsa CHICKEN TENDERS (Oven baked) Mashed Potatoes Peas & Carrots Chilled Apricots WG Roll Crème Gravy	26 SALAD: CHEF SALAD w/ Turkey (Diced) w/ WG Rolls GENERAL TSO CHICKEN w/ Rice (Steamed Brown) Stir Fry Blend / Glazed Carrots 100% Fruit Slush Cup Deli Salad / Fortune Cookie / WG Rolls	27 FL: TURKEY and CHEESE SANDWICH w/ Baked Lays Chips PIZZA (Home-style) (Cheese/Pepperoni) Seasoned Green Beans Yellow Squash (Seasoned) Deli Salad Chilled Mixed Fruit	28 SALAD: BEEF TACO SALAD w/ WG Tortilla Chips TWIN CRISPY TACOS (2) Corn on Cobb-2 / Spanish Rice Season Black Beans Lettuce & Tomato Salad Seasonal Fresh Fruit 100% Fruit Slush Cup Jalapeno /Salsa	29 FL: CHICKEN NUGGETS w/ Carrot Sticks w/ FF Ranch Dressing and Goldfish Crackers Cheddar CRISPY CHICKEN PATTY Macaroni and Cheese Mixed Vegetables Cucumber chips Chilled Tropical Fruit WG Rolls Ketchup

ALL SIDE ITEMS ARE OFFERED WITH EVERY ENTRÉE

SERVED DAILY : ROMAINE GARDEN SALAD w/FF Ranch / SEASONAL- FRESH WHOLE FRUIT / 1% WHITE OR FAT FREE FLAVORED MILK

Milk: 8 oz. / 1% White / FF (Flavored)

FF- Buttermilk Ranch Dressing: (1 oz.) /Kens (1 ea.)

Note: **All Grain Products** offered are – **Whole Grain**

Meal Prices

Student \$1.80 Visitor \$4.00
Adult \$3.25

WQS –6-8th Lunch Menu 2016

This Product is funded by USDA. This institution is an equal opportunity provider.
Menu Subject To Change

WQS 2016 KP-4thth Lunch Menu

All Vegetables and Fruits and Milk offered on DAILY **HOT FOOD SERVING LUNCH LINES-** MUST **BE** offered with **BASKET** and **SALAD** Daily

Seasonal Fresh Fruit: Apples (125 -138 ct.) = 1 cup
Banana (100- 120 ct.) = ½ cup
Orange (Whole – 138 ct.) = ½ cup
Orange (Wedge) - 138 ct. / cut into (6) wedges / (3) Wedges = ¼ cup / (6) Wedges = ½ cup
Peach (80 ct.) = ½ cup
Grapes (seedless) (18 ct.) loose grapes = ½ cup
Pears (150 ct.) = ½ cup
Watermelon ½ cup = ½ cup

Carrots: (Sticks)

and Celery (Sticks) (3) ½ x 4" = ¼ cup
(6) ½ x 4" = ½ cup
(8) ½ x 4" = ¾ cup

Baby Carrots: (Baby)

1 – cup = 5.12 oz.
¾ - cup = 3.84 oz.
½ - cup = 2.5 oz.

Baked Potato – (1) each/ 100 ct. = ¾ Cup

Cherry Tomatoes (3) = ¼ Cup

(6) = ½ Cup

Important: **All sides offered** (Fruit s, Vegetables and Milk) **may not** be **altered** in anyway. If there should be a substitution, please make notation of all changes on the daily production record and note the reason. All substitutes must also be reported to WQS consultant to assure that meals are still in compliance

Any District choosing not to use WQS Menus will have to sign a waiver to submit to school district's CFO and Superintendent for auditing release

