

Wilshire Park Elementary Lunch Menu

December 2017

Skim & 1% milk available daily

Salad bar, fresh fruit, and low fat milk available daily.
Soybutter & Grape Jelly Sandwiches available M-W-F



Meal Prices
Breakfast \$ 2.00
Lunch \$ 2.65
Adult Breakfast \$ 2.50
Adult Lunch \$4.00
Milk \$.55

Fresh, Healthy and Good for You!



Monday

Tuesday

Wednesday

Thursday

Friday

The menu is subject to change without notice. May contain allergens including but not limited to eggs, wheat, soy, dairy, & fish. Substitutes available with physician's statement.



Nutrition Services is proud to offer Minnestoa Thursday! Watch for the local menu the first Thursday of each month!

- 1 All Beef Hot Dog
Hot Dog Bun
Toasted Cheese Sandwich on Whole Grain Bread
California Blend Veggies
Mandarin Oranges

- 4 Scrambled Eggs
WG Waffle
Roasted Turkey & Cheese
Whole Grain Pretzel Roll
Tater Tot Hashbrowns
Blueberries
WG Apple Cinn Muffin

- 5 Whole Grain Pasta w/
Meatballs w/ Marinara
Mozzarella Cheese
Marinara Sauce
Parmesan Cheese
Steamed Broccoli
Chilled Applesauce

- 6 Roast Chicken with Gravy
Whole Grain Biscuit
Smoked Turkey & Cheese on WG Hoagie
Whole Grain Sub Bun
Fluffy Whipped Potatoes
Golden Corn
Chilled Peaches

- 7 Turkey Wild Rice Soup
Crackers
Shred. Cheddar Cheese
Whole Grain Bread Stick
Soybutter and Jelly Sandwich
Roasted Sweet Potatoes
Chilled Pear Slices

- 8 Mandarin Orange Glazed
Crispy Chicken
Steamed Brown Rice
Cheese Quesadilla Pizza
Seasoned Edamame
Frosty Pineapple Tidbits

- 11 Breaded Chicken Patty
Whole Grain Bun
Baked Whole Grain Ziti w/
Marinara Sauce
Steamed Carrot Coins
Chilled Peaches

- 12 Beef Taco on
Whole Grain Tortilla
Fiesta Back Bean
Steamed Brown Rice
Roasted Pepper & Onion
Jonny Pop on a Stick

- 13 Rotisserie Chicken
Drumstick
Whole Grain Dinner Roll
Creamy Sunbutter &
Jelly Sandwich on Whole Grain
Steamed Carrot Coins
Chilled Fruit Cocktail

- 14 Swedish Meatball Over
Egg Noodle
Macaroni & Cheese
Mixed Vegetables
Mandarin Oranges

- 15 Chicken Nuggets
BBQ Sauce
(Smokehouse)
Potato Salad
Cheese Calzone
Steamed Green Beans
Chilled Applesauce

- 18 Stuffed Crust Pepperoni
Pizza
Stuffed Crust Cheese
Pizza
Garlic Toast
Steamed Broccoli
Chilled Pears

- 19 Beefy Nachos
Veggie Cheese Nachos
Whole Grain Tortilla
Rounds
Fresh Nacho Fixings
Fiesta Back Bean
Chilled Peaches

- 20 Sweet and Sour Chicken
Sweet & Sour Tofu Over
Steamed Brown Rice
Stir Fry Vegetables
Frosty Pineapple Tidbits
Fortune Cookie



25



26



27

28

29

