

# April 2017

# Westran R-1

# BREAKFAST



April 13: Early Out  
14: No School  
17: No School

**Daily Milk Choices:** \*Non-fat (White or Chocolate)  
\*1%-White only



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



## Monday

WG Muffin **3**  
WG Cereal  
Fruit  
Milk

## Tuesday

WG French Toast/Syrup **4**  
Fruit  
Milk

## Wednesday

Breakfast Pizza **5**  
Juice  
Milk

## Thursday

WG Poptart **6**  
WG Cereal  
Fruit  
Milk

## Friday

WG Biscuit & Gravy **7**  
Sausage Links  
Juice  
Milk

WG Honey Bun **10**  
WG Cereal  
Fruit  
Milk

Cooks' Choice **11**

Sausage/Egg WG Biscuit **12**  
Juice  
Milk

WG Biscuit & Gravy **13**  
Sausage Patty  
Juice  
Milk

No School **14**

No School **17**

Yogurt **18**  
WG Cereal  
Fruit  
Milk

Breakfast Slider **19**  
Juice  
Milk

WG Banana Bread **20**  
WG Cereal  
Fruit  
Milk

WG Biscuit & Gravy **21**  
Sausage Links  
Juice  
Milk

WG Donut Holes **24**  
WG Cereal  
Fruit  
Milk

WG Waffles/Syrup **25**  
Fruit  
Milk

Cooks' Choice **26**

WG Pancake & Sausage on **27**  
Stick/Syrup  
Fruit  
Milk

WG Biscuit & Gravy **28**  
Sausage Patty  
Juice  
Milk



# April 2017

## Westran R-1

### LUNCH

April 13: Early Out  
14: No School  
17: No School

Daily Milk Choices: \*Non-fat (White or Chocolate)  
\*1%-White only

Choice 2-  
Monday-Bosco Sticks  
Tuesday- Mini Tacos or Burrito  
Wednesday-Chicken Patty/Bun  
Thursday-Hot Dog/Bun  
Friday-Pizza

Choice 3- Salad Bar-  
Lettuce, Carrots, Tomatoes, Cheese, Ham or  
Turkey, Yogurt, Cottage Cheese, Uncrustables,  
Cheese Sticks, Sandwiches, Crackers,  
Gold Fish Crackers, Sunflower Seeds and Fruits

### Monday

Meatball Sub/WG Bun **3**  
Potato Tots  
California Veggies  
Fruit  
Milk

### Tuesday

WG Burrito/Cheese Sauce **4**  
Taco Fiesta Baked Beans  
Lettuce/Tomato  
Frozen Fruit Cup  
Milk

### Wednesday

Chicken Strips/WG Hot Roll **5**  
Cheesy Potatoes  
Green Beans  
Fruit  
Milk

### Thursday

Cooks' Choice **6**

### Friday

Pizza Lil'Bites/Sauce **7**  
Corn  
Side Salad  
Fruit  
Milk

WG Spaghetti/Meat Sauce **10**  
WG Texas Toast  
Green Beans  
Fruit  
Milk

Chicken Soft Taco **11**  
Lettuce/Tomato  
WG Mexican Rice  
Cookie  
Fruit & Milk

Roasted Chicken/WG Hot Roll **12**  
Mashed Potatoes & Gravy  
Corn  
Cheesecake/Fruit Topping  
Milk

WG Corn Dog **13**  
French Fries  
Carrots & Dip  
WG Rice Krispy Treat  
Fruit & Milk

No School **14**

No School **17**

Cooks' Choice **18**

Popcorn Chicken/WG Roll **19**  
WG Mac & Cheese  
Peas  
Fruit  
Milk

BBQ Rib/WG Bun **20**  
Potato Wedges  
Broccoli/Cheese  
Fruit  
Milk

WG Mini Pepperoni Calzone **21**  
Garden Salad  
Fruit  
WG Cookie  
Milk

Turkey & Cheese/WG Bun **24**  
Fresh Veggies & Dip  
RF Doritos  
Fruit  
Milk

Super Nachos **25**  
Lettuce/Tomatoes  
Refried Beans  
Fruit Crisp  
Milk

Turkey/WG Hot Roll **26**  
Mashed Potatoes & Gravy  
Green Beans  
Fruit  
Milk

Cheeseburger/WG Bun **27**  
French Fries  
Pickle Spears (2)  
Cake & Fruit  
Milk

Cooks' Choice **28**



*"This institution is an equal opportunity provider."*





**May 18- Early Out & Last Day of School**

**Summer School starts June 5-23  
HAVE A GREAT SUMMER!!**



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

WG Muffin  
WG Cereal  
Fruit  
Milk

1

WG French Toast Sticks  
Syrup  
Fruit  
Milk

2

Scrambled Eggs  
Hash Brown  
WG Toast  
Juice  
Milk

3

Cooks' Choice

4

Sausage & WG Biscuit  
Sausage Links  
Juice  
Milk

5

WG Cereal  
Yogurt  
Fruit  
Milk

8

Mini WG Pancakes/Syrup  
Fruit  
Milk

9

Cooks' Choice

10

WG Cinnamon Roll  
WG Cereal  
Fruit  
Milk

11

Sausage & WG Biscuit  
Sausage Patty  
Juice  
Milk

12

WG Poptart  
WG Cereal  
Fruit  
Milk

15

WG Waffles/Syrup  
Fruit  
Milk

16

Breakfast Pizza  
Juice  
Milk

17

Cooks' Choice

18

19

22

23

24

25

26

29

**Daily Milk Choices:** \*Non-fat  
(White or Chocolate)  
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30

31

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# May 2017

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# LUNCH



May 18- Early Out & Last Day of School

Summer School starts June 5-23  
HAVE A GREAT SUMMER!!

Choice 2-

Monday-WG Bosco Sticks  
Tuesday- WG Mini Tacos or WG Burrito  
Wednesday-Chicken Patty/WG Bun  
Thursday-Hot Dog/WG Bun  
Friday-Pizza

Choice 3- Salad Bar-

Lettuce, Carrots, Tomatoes, Cheese, Ham or Turkey, Yogurt, Cottage Cheese, WG Uncrustables, Cheese Sticks, Sandwiches, WG Crackers, WG Gold Fish Crackers, Sunflower Seeds and Fruits

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

WG Spaghetti/Meat Sauce **1**  
WG Garlic Toast  
Green Beans  
Fruit  
Milk

WG Burrito/Cheese **2**  
Lettuce/Tomato  
Refried Beans  
Brownie  
Fruit  
Milk

Cooks' Choice **3**

WG Corn Dog **4**  
WG Mac & Cheese  
Peas  
Fruit  
Milk

Pepperoni Bosco Sticks **5**  
Caesar Salad  
Corn  
Frozen Fruit Cup  
Milk

Chicken/Bacon/Ranch Wr **8**  
Tomatoes/Cucumber Slices  
Sun Chips  
Fruit  
Milk

Cooks' Choice **9**

Chicken Strips/WG Roll **10**  
Mashed Potatoes/Gravy  
Green Beans  
Fruit  
Milk

BBQ Rib/WG Bun **11**  
French Fries  
Baked Beans  
Fruit  
Milk

Pizza Lil'Bites/Sauce **12**  
Side Salad  
Fruit  
Cookie  
Milk

Cooks' Choice **15**

Super Nachos **16**  
Refried Beans  
Lettuce/Tomatoes  
Fruit  
Milk

Popcorn Chicken/WG Roll **17**  
Cheesy Potatoes  
Green Beans  
Fruit  
Milk

Turkey & Cheese/WG Bun **18**  
Carrots & Dip  
Doritos  
Grapes  
Ice Cream  
Milk

**19**

**22**

**23**

**24**

**24**

**26**

**29**

**30**

**31**

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