



# WFCH'S SAMPLE MENU



## MONDAY

### MEATLESS 2

Avocado Toast Bar  
Hard Boiled Egg  
Blueberries  
Tomato Mozzarella Salad

### MEATLESS 9

Macaroni & Cheese  
Dinner Rolls  
Broccoli  
Assorted Fruit

### MEATLESS 16

Cheese Quesadilla  
Rice & Beans  
Asparagus  
Mixed Fruit

### MEATLESS 23

Grilled Cheese Sandwich  
Tomato Soup  
Brussel Sprouts  
Assorted Fruit

### MEATLESS 30

Spinach & Cheese Quiche  
Roasted Potatoes  
Ceasar Salad  
Fruit Salad

## TUESDAY

### LATIN 3

Beef Quesadillas  
Rice and Beans  
Tri Colored Carrots  
Fruit Salad

### LATIN 10

Beef Empanadas  
Rice & Beans  
Green Beans  
Mixed Berries

### LATIN 17

Beef Barbacoa Taquitos  
Brown Rice  
Grilled Veggies  
Cantaloupe

### LATIN 24

Black Beans & Corn Tacos  
Jasmine Rice  
Asparagus  
Plantains

### LATIN 31

Chicken Burrito  
White Rice  
Carrots & Ranch  
Fruit & Yogurt Parfait

## WEDNESDAY

### PASTA 4

Cheese Tortellini in Tomato Sauce  
Garlic Bread  
Cobb Salad-No Bacon  
Honeydew Melon

### PASTA 11

Grilled Chicken in Marinara Sauce  
Pasta Noodles  
Green Beans  
Bananas

### PASTA 18

Edamame Dumplings  
Thai Noodles  
Carrots & Ranch  
Mixed Fruit

### PASTA 25

Seasoned Ground Beef in Tomato Sauce  
Penne Pasta  
Fingerling Potatoes  
Cantaloupe

### PASTA 1

Beef Meatballs  
Spaghetti Noodles  
Broccoli  
Fruit Salad

## THURSDAY

### FISH 5

Cod Fillet  
Orzo Salad  
Brussel Sprouts  
Fruit Salad

### FISH 12

Citrus Glazed Salmon  
Lemon Rice  
Grilled Veggies  
Watermelon

### FISH 19

Tilapia  
Brown Rice  
Grilled Veggies  
Fruit Salad

### FISH 26

Tilapia  
Mashed Potatoes  
Corn Casserole  
Honeydew Melon

### FISH 2

Cod Cake  
Steamed Rice  
Spinach  
Blueberries

## FRIDAY

### KIDS' FAVORITE 6

Turkey & Swiss Wrap  
Sweet Potato Fries  
Carrots & Ranch  
Strawberries

### KIDS' FAVORITE 13

Buttermilk Fried Chicken  
Sweet Potato Mash  
Broccoli  
Fruit & Yogurt Parfait

### KIDS' FAVORITE 20

Scrambled Eggs-No Bacon  
Pancakes  
Veggies  
Bananas

### KIDS' FAVORITE 27

Baked Chicken Tenders  
Cheesy Risotto with Broccoli  
Steamed Carrots  
Fruit Salad

### KIDS' FAVORITE 3

Sesame Grilled Chicken Tenders  
Risotto Milanese  
Asparagus Roll-Ups  
Fruit Salad

