

HIGH SCHOOL * APRIL 21

A nourished student is a learning student!

This institution is an equal opportunity provider.



S | Mon | Tue | Wed | Thu | Fri | S

April 5th-9th, Spring Break

On April 7th, WCS Nutrition Services will host Free Meal Distribution of 5 Days of Breakfasts and 5 Days of Lunches At Grissom Middle School From 7am to 1pm.

April 12th-16th, Virtual Instruction Only

On April 14th, Free Meal Distributions will be at Beer, Grissom, Carter From 7am to 1pm and at Carleton from 7am to 5pm.

4/19

Whole Grain Crust Cheese Pizza
OR
Whole Grain Chicken Alfredo
w/ a Dinner Roll
Or
Spicy Chicken Sandwich on Whole
Grain Bun

Ranch Packets

4/26

Cheese Burger served with Whole
Wheat Bun
OR
Chicken & Vegetable Stir Fry with
Fried Rice
OR
2 for 1 Chicken Fajita w/ Tortillas

Ketchup & Mustard Packets
Ranch Packets

April 21st & 28th,
Free Meal
Distribution of 6
Days of
Breakfasts and 4
Days of Lunches
for In-person
Learning
Students at All
Secondary Schools
from 7am to 1pm.

Carleton will open
from 7am to 5pm.

(No Distribution at Butcher &
Hatherly)

4/22

Bosco Sticks
& **Tomato** Dipping Sauce
OR
Cheese Nachos OR
Meat & Cheese Nachos
Salsa & Sour Cream
OR
Turkey Enchilada Bake

Ranch Packets

4/29

All Beef Meatball w/ Mashed
Potatoes & Brown Gravy
2 Dinner Rolls
OR
Whole Grain Chicken or Cheese
Quesadilla w/ Salsa & Sour
Cream
OR
Grilled Cheese Sandwich w/
WCS made Tomato Soup

Ranch Packets

Monday Cold Lunch Choices

Parfait w/ Banana Bread
Veggie Chef Salad w/ Italian Dressing
Turkey Sub Sandwich w/ Mayo & Mustard
Hummus Platter
Fresh Broccoli Buds, Baby Carrots, Zucchini Slices
Apple Slices, Banana, Applesauce Cup
Apple Juice & Fruit Punch
Choice of Milk

Thursday Cold Lunch Choices

Soybutter Meal
Chicken Chef Salad w/ Ranch Dressing
Turkey Ham Sub Sandwich w/ Mayo & Mustard
Italian Sub Sandwich w/ Mayo & Mustard
Broccoli Buds, Cherry Tomatoes, Celery Sticks
Fresh Pear, Fresh Oranges, Diced Peach Cup
Apple Juice & Fruit Punch
Choice of Milk