

WESTERN RESERVE Middle & High Schools 2019-2020 Lunch Menu



Lunch ~~\$3.40~~ Reduced \$.40
 Breakfast \$1.50 Reduced \$.30
 Extra Milk \$.50

There is a maximum of three charges allowed

- WG = Whole Grain Rich
- Choose one entrée from the cycle menu or daily offerings and two or more vegetables and fruit options.
- A salad bar lunch is offered everyday as well as grab and go options including a ham and cheese sandwich, a turkey and cheese sandwich, or a peanut butter jammer lunch.

BREAKFAST MENU	
MONDAY	Breakfast Pizza OR Breakfast Bar Fruit/Milk
TUESDAY	Pancakes in a Bag OR Yogurt Fruit Parfait OR Breakfast Bar Fruit/Milk
WEDNESDAY	French Toast & Syrup OR Yogurt Fruit Parfait OR Breakfast Bar Fruit/Milk
THURSDAY	Egg & Bacon Sliders OR Yogurt Fruit Parfait OR Breakfast Bar Fruit/Milk
FRIDAY	Blueberry Waffle & Syrup OR Yogurt Fruit Parfait OR Breakfast Bar Fruit/Milk

- Due to calorie, sodium and grain restrictions MS lunch may vary slightly from HS menu.
- Lunch may be paid by the day. We also offer pre-payment by check or e-z payment which can be found on the school's website www.western-reserve.org.
- Menu is subject to change due to the inclement weather or vendor availability.
- Free & reduced lunch applications are available at the school. Please call the school for any questions or information at 419-668-8470 ext. 2012.

Follow the menu with its calendar day. Each week is represented by a color and represents a 5-week cycle menu.

MENU #	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU #1	Stromboli OR Mini Pepperoni Calzones Green Beans Banana/Other Fruits Frozen Yogurt Milk	Walking Taco OR Soft Taco Lettuce/Tomato/Cheese Salsa/Sour Cream/Refried Beans Fruit Juice/Other Fruits (HS) Cherry Coca Bar (MS) Mini Rice Krispie Milk	Chicken Nuggets WG Dinner Roll Mashed Potatoes/Gravy Steamed Carrots Apple Sauce/Other Fruits Milk	Cheeseburger on WG Bun OR Sloppy Joe on WG Bun French Fries Mixed Vegetables Strawberry Cups/Other Fruits Milk	Stuffed Crust Pepperoni OR Stuffed Crust Cheese Pizza Romaine/Spinach Salad Peaches /Other Fruits (HS) M&M Cookie (MS) Fruit Roll-up Milk
MENU #2	Chicken Patty on WG Bun OR Spicy Chicken/WG Bun Tater Tots Baked Beans Mixed Fruit/Other Fruits Milk	Macaroni & Cheese OR Lasagna Roll WG Dinner Roll OR Garlic Bread Steamed Carrots Banana/Other Fruits Milk	Bosco Sticks OR Twisted Cheddar Bread Sticks Marinara Sauce Steamed Broccoli Fresh Apples/Other Fruits Chocolate Pudding Milk	Garlic Parmesan Flatbread Pizza OR Chicken BBQ Flatbread Pizza Romaine/Spinach Salad Orange Juice/Other Fruits (HS) Mini Rice Krispie Treat Milk	Shredded BBQ Pork OR BBQ Riblet on WG Bun Scalloped Potatoes Mixed Berries/Other Fruits (HS) Carnival Cookie (MS) Mini Rice Krispie Treat Milk
MENU #3	Breaded Mozzarella Cheese Sticks OR Cheese Stuffed Breadstick Bites Marinara Steamed Sweet Corn Apple Juice/Other Fruits Milk	Fiestada Pizza OR Taco Pizza Snack Bites Romaine/Spinach Salad Banana/Other Fruits (HS) Frozen Yogurt (MS) Fruit Roll-up Milk	Salisbury Steak OR Country Chicken Breast WG Dinner Roll Mashed Potatoes/Gravy Steamed Green Beans Fresh Oranges/Other Fruits (HS) Chocolate Cookie Milk	General TSO Chicken OR Sweet Orange Chicken (HS) Cheese Bread Stick (MS) WG Dinner Roll Sweet Potato Fries Steamed Peas and Carrots Diced Pears/Other Fruits Graham Cracker/Milk	Meatball Sub on WG Bun OR Philly Steak on WG Bun Shredded Mozzarella Cheese Baked Beans Mixed Fruit/Other Fruits Fruit Snacks Milk
MENU #4	Garlic French Bread OR Pepperoni Pizza Slice Steamed Green Beans Banana/Other Fruits (HS) Chocolate Pudding Milk	Walking Taco OR Soft Taco Lettuce/Tomato/Cheese Salsa/Sour Cream Refried Beans Applesauce/Other Fruits Mini Rice Krispie Treat Milk	Popcorn Chicken OR Spicy Popcorn Chicken WG Dinner Roll Mashed Potatoes/Gravy Steamed Carrots Fresh Oranges/Other Fruits Milk	Bosco Sticks w/Marinara OR Mini Corn Dogs Steamed Sweet Corn Diced Peaches/Other Fruits (HS) Cherry Cocoa Bar (MS) Fruit Roll-up Milk	Ham & Cheese Stuffer OR 3 Cheese Calzone Romaine/Spinach Salad Pears/Other Fruits Milk
MENU #5	Chili Chicken Sandwich OR Breaded Fish Sandwich Lettuce/Tomato Steamed Carrots Banana/Other Fruits Frozen Yogurt Milk	Chicken Fajita/WG Tortilla OR BBQ Chicken Wedges Lettuce/Tomato/Cheese Salsa/Sour Cream Refried Beans Diced Peaches/Other Fruits Milk	Breakfast Pizza w/Mozzarella String Cheese OR Blueberry Breadsticks Tater Tots Celery/Carrots Warm Apples/Orange Juice (HS) Snickerdoodle Cookie Milk	Rough Rider Pepperoni Pizza OR Buffalo Chicken Pizza Romaine/Spinach Salad Diced Pears/Other Fruits (MS) Fruit Roll-up Milk	Popcorn Chicken Whole Grain Dinner Roll Mashed Potatoes/Gravy Steamed Broccoli Pineapple Tidbits/Other Fruits Milk

This Institution is an equal opportunity provider.

AUGUST 2019	SEPTEMBER 2019	OCTOBER 2019	NOVEMBER 2019	DECEMBER 2019	JANUARY 2020	FEBRUARY 2020	MARCH 2020	APRIL 2020	MAY 2020	JUNE 2020
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