


# WES SCHOOL - MAY 2023

| Meal Prices:  | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  | Parents/Guardians!!!<br>MySchoolBucks.com<br>makes it easy and<br>convenient to manage<br>your child's meal<br>payments!<br>Scan the code to<br>visit the website to<br>learn more! |
|---|--|---|--|--|---|---|
| Breakfast: \$2.20<br>Reduced: \$0.45<br>Lunch: \$3.30<br>Reduced: \$0.45  | ***BREAKFAST***  |   |  |  |   |   |
| <b>Breakfast Components:</b><br>Grain 1 oz<br>Fruit 1/2 cup<br>Low Fat Milk 8 oz                                | An offering of Pop Tarts, Muffins, Cereals, Fruit Cups & Yogurts |   |  |  |   |   |
| <b>Lunch Components:</b><br>Protein 2 oz<br>Whole Grain 1 oz<br>Vegetable 1/2 cup<br>Fruit 1/2 cup<br>Milk 8 oz | ***LUNCH***  |   |  |  |   |    |
| <b>Everyday Vegetarian</b><br>Option is:<br>PBJ Sandwich or<br>Salad  | 1<br>PASTA W/ RED SAUCE<br>CHOPPED SALAD<br>FRUIT CUP<br>MILK    | 2<br>TURKEY NACHOS<br>CORN<br>GRAPES<br>MILK                | 3<br>CHICKEN GYRO<br>CUCUMBER SALAD<br>ORANGES<br>MILK | 4<br>SLOPPY JOES<br>GREEN BEANS<br>FRUIT CUP<br>MILK           | 5<br>PEPPERONI PIZZA<br>CHOPPED SALAD<br>APPLE SAUCE<br>MILK      |   |
| <b>FOOD ALLERGIES???</b><br>Please alert the School<br>Nurse of any food<br>allergies your child<br>may have.   | 8<br>BOSCO STICKS<br>BROCCOLI<br>FRUIT CUP<br>MILK               | 9<br>MEXICAN LASAGNA<br>CORN<br>ORANGES<br>MILK             | 10<br>TURKEY WRAPS<br>TATER TOTS<br>FRUIT CUP<br>MILK  | 11<br>MAC & CHEESE<br>CARROTS<br>GRAPES<br>MILK                | 12<br>CHICKEN RANCH PIZZA<br>CHOPPED SALAD<br>APPLE SAUCE<br>MILK |   |
| Free & Reduced Lunch<br>Applications are<br>available at school or<br>on the District Website                   | 15<br>CHICKEN PATTY W/ HAM<br>CARROTS<br>FRUIT CUP<br>MILK       | 16<br>BEEF & BEAN NACHOS<br>CHOPPED SALAD<br>GRAPES<br>MILK | 17<br>CHEESEBURGERS<br>FRENCH FRIES<br>ORANGES<br>MILK | 18<br>SAUSAGE & PEPPERS<br>MACARONI SALAD<br>FRUIT CUP<br>MILK | 19<br>CRUST STUFFED PIZZA<br>BROCCOLI<br>APPLE SAUCE<br>MILK      | <b>Sandwich Board</b><br>Black Bean Burger<br>Black Forest Ham<br>Italian Combo<br>PBJ<br>Salami/Pepperoni<br>Smoked Turkey   |
| <b>Questions/Comments?</b><br>Please call Danny Trotter<br>Food Service Director at<br>845-373-4100 X 4405      | 22<br>POPCORN CHICKEN<br>SWEET POTATO FRIES<br>FRUIT CUP<br>MILK | 23<br>CHICKEN BURRITO BOWL<br>CORN<br>ORANGES<br>MILK       | 24<br>PULLED PORK<br>COLESLAW<br>GRAPES<br>MILK        | 25<br>BBQ CHICKEN<br>GRILLED VEGETABLES<br>FRUIT CUP<br>MILK   | 26<br>DEEP DISH PIZZA<br>CARROTS<br>APPLE SAUCE<br>MILK           | Coming Soon....<br>Hot Soups<br>to warm<br>you up!  |
|   | NO<br>SCHOOL   | 30<br>TACO SALAD<br>CORN<br>FRUIT CUP<br>MILK               | 31<br>MEATBALL PARMESAN<br>BROCCOLI<br>GRAPES<br>MILK  |  |   | <u>Salad of the Week</u><br><br>We will send out an<br>email each week!   |