



Don't forget to eat your vegetables.

# Williams Bay High School/MS

September

## Lunch Menu

2017

Fresh Vegetable Choices and Seasonal Fruit are Offered Daily on the Fruit & Vegetable Bar

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



4

5  
Turkey Pot Pie  
OR Salisbury Steak  
  
Sweet Green Peas

6  
**HOM Feature - Cilantro**  
Walking Taco & Lettuce, Tomato  
OR Ham Sliders  
  
Black Beans  
Fresh Salsa

7  
Chicken Fried Rice and Breadstick  
OR Golden Corn Dog  
  
Stir Fried Vegetables

8  
Cheese Pizza Slice  
OR Hamburger  
  
Roasted Broccoli

11  
Parmesan Chicken Bites  
Buttered Noodles  
OR Toasted Ham and Cheese Sandwich  
  
California Blend Vegetables

12  
**HOM ~ Grapefruit**  
Crispy Chicken Nuggets and Fresh Bread Slice  
OR Roasted Vegetable Foccacia  
  
Potato Wedges

13  
Homemade Chili in a Bread Bowl  
  
Or Roasted Hot Dog  
  
Roasted Corn  
\*\*Rice Krispie Bar\*\*

14  
Ham, Turkey & Cheese Egg Bake, Muffin  
  
OR Chicken Waffle Sandwich  
  
Breakfast Potatoes

15  
Cheese Pizza Bagel  
OR Mexican Pasta Bake and Soft Pan Roll  
  
Lemon Garbanzo Bean Salad

18  
Pancakes & Fruit Topping with Scrambled Eggs  
OR Biscuit and Gravy with Scrambled Eggs  
  
Breakfast Potato Casserole

19  
Roasted Pork with Gravy and Soft Pan Roll  
OR Homemade Meatloaf and Soft Pan Roll  
  
Cinnamon Sweet Apples

20  
Cheeseburger Bake and Bread Stick  
OR Breaded Chicken Patty  
  
Calico Beans

21  
**HOM Feature - Kale**  
Chicken Cacciatore over Pasta, Garlic Toast  
  
OR Cheeseburger  
  
Kale Salad

22  
French Bread Pizza  
OR Tuna Melt  
  
Roasted Cauliflower

25  
Beef Nachos Supreme  
  
OR Bean and Cheese Quesadilla  
  
Corn Firenze Salad

26  
Corn Dog on a Stick  
OR BBQ Chicken Sandwich  
  
Savory Baked Beans  
\*\*Popsicle\*\*

27  
Italian Meatballs in a Bread Bowl  
OR Hot Ham Bagel Sandwich  
  
Garden Green Beans

28  
Turkey Flatbread  
OR Chicken Nuggets and Soft Pan Roll  
  
Cheesy Mashed Potatoes

29  
Pizza Parlor Cheese  
OR Cheeseburger  
  
Garlic & Herb Broccoli

### HARVEST OF THE MONTH



### EXTRA INFO

Milk choice of 1% White, Skim or Chocolate  
Skim is included with lunch.  
Entree Salads are served with Dinner Roll  
For questions or comments, contact  
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