

SEPTEMBER | 2022

WHMS



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>29 Muffin/Cheese stick Fruit/Juice/Milk</p> <p>Chicken Ranch Wrap or Philly Sub Baked Fries Broccoli Fruit & Milk</p>	<p>30 Poptart/Yogurt Fruit/Juice/Milk</p> <p>Quesadilla or Beef Soft Taco Cowboy Salsa w/chips Cooked Carrots Fruit & Milk</p>	<p>31 Zee Zee Bar/Cheese stick Fruit/Juice/Milk</p> <p>Corn Dog w/Mac & Cheese or Chicken Patty Sandwich w/Tater Tots Baked Beans Fruit & Milk</p>	<p>1 Uncrustable/Yogurt Fruit/Juice/Milk</p> <p>Fish Sandwich or Rib Patty Sandwich Onion Rings Green Beans Fruit & Milk</p>	<p>2 Superbun/Cheese stick Fruit/Juice/Milk</p> <p>Square Pepperoni Pizza or Stuffed Crust Pizza Romaine Salad Corn Fruit & Milk</p>
<p>5</p> <p>NO SCHOOL</p> <p>LABOR DAY</p>	<p>6 Poptart/Yogurt Fruit/Juice/Milk</p> <p>Taco Pizza or Chicken Fajita Bowl w/Rice Corn Salsa w/Chips Cooked Carrots Fruit & Milk</p>	<p>7 Zee Zee Bar/Cheese stick Fruit/Juice/Milk</p> <p>Salad Bar w/Chicken Tenders or Spaghetti w/Meatballs Salad Breadstick Fruit & Milk</p>	<p>8 Uncrustable/Yogurt Fruit/Juice/Milk</p> <p>Deli Sub or Hot Ham & Cheese Sandwich Baked Fries Baked Beans Fruit & Milk</p>	<p>9 Superbun/Cheese Stick Fruit/Juice/Milk</p> <p>Stuffed Crust Pizza or Calzones Romaine Salad Corn Fruit & Milk</p>
<p>12 Muffin/Cheese stick Fruit/Juice/Milk</p> <p>Chicken Bowl or Sriracha Wings Baked Fries Corn - Roll Fruit & Milk</p>	<p>13 Poptart/Yogurt Fruit/Juice/Milk</p> <p>Beef Soft Taco or Walking Taco Refried Bean Dip w/chips Carrots Fruit & Milk</p>	<p>14 Zee Zee Bar/Cheese stick Fruit/Juice/Milk</p> <p>Pasta Bar w/Marinara/Alfredo & Diced Chicken or Tomato Soup & Grilled Cheese-Salad Fruit & Milk</p>	<p>15 Uncrustable/Yogurt Fruit/Juice/Milk</p> <p>Cheeseburger or Hot Dog Tater Tots Baked Beans Fruit & Milk</p>	<p>16 Superbun/Cheese stick Fruit/Juice/Milk</p> <p>Bosco Sticks w/Marinara or Stuffed Crust Pizza Romaine Salad Corn Fruit & Milk</p>
<p>19 Muffin/Cheese stick Fruit/Juice/milk</p> <p>Chicken Nuggets w/Fries or chicken Leg w/Mashed Pot. & Gravy Green Beans Fruit & Milk</p>	<p>20 Poptart/Yogurt Fruit/Juice/Milk</p> <p>Taco Pizza or Beef Soft Taco Corn Salsa w/chips Cooked Carrots Fruit & Milk</p>	<p>21 Zee Zee Bar/cheese stick Fruit/Juice/Milk</p> <p>French Toast/Sausage/Hash Brown or Breakfast Sandwich w/Pretzel Bun – Hash Brown Veggies & Dip Fruit & Milk</p>	<p>22 Uncrustable/Yogurt Fruit/Juice/Milk</p> <p>Cook's Choice Fruit & Milk</p>	<p>23 Superbun/Cheese stick Fruit/Juice/Milk</p> <p>Pepperoni Pizza or Meatball Sub Green Beans 7 Layer Salad Fruit & Milk</p>
<p>26 Muffin/Cheese stick Fruit/Juice/Milk</p> <p>Chicken Wrap or Chicken Patty Baked Fries Green Beans Fruit</p>	<p>27 Poptart/Yogurt Fruit/Juice/Milk</p> <p>Chicken Fajita Bowl or Taco Pile-up w/ Nacho Cheese Sauce - Refried Bean Dip Chips – Carrots & Dip Fruit & Milk</p>	<p>28 Zee Zee Bar/Cheese stick Fruit/Juice/Milk</p> <p>Salad Bar w/Chicken Tenders or Lasagna Roll-up w/ Salad Breadstick Broccoli Fruit & Milk</p>	<p>29 Uncrustable/Yogurt Fruit/Juice/Milk</p> <p>Fish Sandwich or Rib Patty Onion Rings Cole Slaw Fruit & Milk</p>	<p>30 Superbun/Cheese stick Fruit/Juice/Milk</p> <p>Both Sides Stuffed Crust Pizza Corn Salad Fruit & Milk</p>

News

NO SCHOOL **LABOR DAY**

Mon. Sept. 5th

REMINDERS

-Complete
Free/Reduced
Applications.

-If you received a Direct Certification Letter please sign & return to the school.

Breakfast - \$1.25
Reduced - \$0.20

Lunch - \$3.00
Reduced - \$0.40

Milk Served Daily
1% White & Chocolate

Peanut Butter or Yogurt Lunches Served Daily with Fruit, Veg., Grain and Milk.

This Institution is an Equal Opportunity Provider.