MWHS Lunch Menu – School lunch \$3.20 or free for kids that qualify for educational benefits

Monday	Tuesday	Wednesday	Thursday	Friday
05/01/2023	05/02/2023	05/03/2023	05/04/2023	05/05/2023
Cheese Tortellini w/ Garlic Bread	Chicken Sliders	Beef Cheesesteak Sandwich	Sloppy Joe on a Bun w/ Chips	Chicken Parmesan Sandwich
Garden Salad	Diced Pears	Apple Slices	Diced Pineapple	Applesauce
Diced Peaches	Garden Salad	Baby Carrots	Garden Salad	Fresh Broccoli
Milk - Variety I	Milk - Variety	Milk - Variety	Milk - Variety	Milk - Variety
05/08/2023	05/09/2023	05/10/2023	05/11/2023	05/12/2023
Italian Dunker w/ Marinara Sauce	Mini Corn Dogs w/ Chips	Gyro w/ Tzatziki Sauce	Walking Taco	Chicken Tenders with a Garlic Breadstick
Applesauce	Garden Salad	Baby Carrots	Diced Peaches	Corn
Shelled Edamame	Fruit Cocktail	Diced Pears	Fresh Broccoli	Diced Pineapple
Milk - Variety	Milk - Variety	Milk - Variety	Milk - Variety	Milk - Variety
05/15/2023	05/16/2023	05/17/2023	05/18/2023	05/19/2023
Cheese Quesadilla	Orange Chicken w/ Rice	Boneless Chicken Wing Bar	Cheese Pizza	Chicken Alfredo Pasta w/ Garlic Bread
Strawberries	Garden Salad	Baby Carrots	Mandarin Oranges	Baby Carrots
Corn	Diced Peaches	Diced Pears	Fresh Broccoli	Diced Pears
Milk - Variety	Milk - Variety	Milk - Variety	Milk - Variety	Milk - Variety
05/20/2023	05/212024	05/22/2023	05/23/2023	05/24/2023
Personal Pan Cheese Pizza	Pulled Pork Sandwich w/ Chips	Popcorn Chicken w. Mac & Cheese	Pasta w/ Marinara Meat Sauce & Bread	Grilled Cheese Sandwich
Broccoli	Corn	Baby Carrots	Mandarin Oranges	Baby Carrots
Apple Slices	Pineapple	Diced Pears	Garden Salad	Diced Pears
Milk - Variety	Milk - Variety	Milk - Variety	Milk - Variety	Milk - Variety
5/29/2023 No School	05/30/2023 Hot Dog with Bun & Chips Baked Beans Diced Peaches Milk - Variety I	05/31/2023 Chicken Nuggets with a Garlic Bread Diced Pears Broccoli Milk - Variety	Nutritional information can be found by downloading the "Mealviewer" app or at www.westonkafoodies.com. Westonka is an equal opportunity provider.	For concerns: call/email Laura Metzger at 952-491-8084 or metzgerL@westonka.k12.mn.us All of our grains are whole grain rich, our fruits & veggies are all you care to eat, and milk is included w/ meal price or \$0.50 w/ lunch from home.