

September 2019 HAMILTON HOLMES MIDDLE & KING WILLIAM HIGH

LUNCH



THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

MENUS ARE SUBJECT TO CHANGE

**HARVEST OF THE MONTH: PEPPERS*



DAILY LUNCH OPTIONS:

- WG GRAPE UNCRUSTABLE PB&J
- CHEF SALAD W/WG CROUTONS & BREAD ITEM
- WG CHICKEN PATTY ON WG BUN (SPICY OR REGULAR)
- WG PIZZA (ROTATING SELECTION)
- WG WRAP (CHICKEN, BACON, RANCH; TURKEY & CHEESE; HAM & CHEESE; ITALIAN COMBO—ROTATING SELECTION)



Monday



SCHOOL CLOSED

2

Tuesday

WG CHICKEN SOFT TACO
SHREDDED CHEDDAR CHEESE & SHREDDED LETTUCE
HUMMUS W/CHIPS
STEAMED CORN
MARINARA OR SALSA CUP
BLACK BEANS
FRESH AND CHILLED FRUIT

3

Wednesday

WG BEEF-A-RONI W/WG RICE
KRISPEE TREAT
SPINACH & TOMATO SIDE SALAD W/RANCH
STEAMED CABBAGE
MARINARA OR SALSA CUP
BLACK BEANS
FRESH AND CHILLED FRUIT

4

Thursday

WG CHICKEN NUGGETS & WG WAFFLES
MASHED SWEET POTATOES
OVEN ROASTED ZUCCHINI & YELLOW SQUASH
MARINARA OR SALSA CUP
BLACK BEANS
FRESH AND CHILLED FRUIT

5

Friday

WG SPAGHETTI W/MEAT SAUCE & WG GARLIC KNOT
STEAMED LIMA BEANS
SEASONED GREENS
FRESH RED PEPPER STRIPS W/DIP
BLACK BEANS
FRESH AND CHILLED FRUIT

6

WG MEATBALL SUB
STEAMED BROCCOLI
STEAMED PEAS & CARROTS
MARINARA OR SALSA CUP
BLACK BEANS
FRESH AND CHILLED FRUIT

9

NACHOS W/MEAT & CHEESE SAUCE
REFRIED BEANS
STEAMED CORN
MARINARA OR SALSA CUP
BLACK BEANS
FRESH AND CHILLED FRUIT

10

PULLED PORK BBQ ON WG BUN
TOSSED SIDE SALAD W/RANCH
COLE SLAW
FRESH GREEN PEPPERS W/DIP
BLACK BEANS
FRESH AND CHILLED FRUIT

11

WG CHICKEN TENDERS & WG MAC & CHEESE
BUTTERNUT SQUASH
NAVY BEANS
MARINARA OR SALSA CUP
BLACK BEANS
FRESH AND CHILLED FRUIT

12

SALISBURY STEAK W/GRAVY & WG CORN MUFFIN
MASHED POTATOES
GREEN BEANS
MARINARA OR SALSA CUP
BLACK BEANS
FRESH AND CHILLED FRUIT

13

WG FRENCH TOAST STICKS
W/TURKEY SAUSAGE PATTIES
SWEET POTATO GEMS
FRESH CELERY STICKS W/DIP
MARINARA OR SALSA CUP
BLACK BEANS
FRESH AND CHILLED FRUIT

16

WG CHICKEN & CHEESE TAQUITOS
NAVY BEANS
STEAMED CORN
MARINARA OR SALSA CUP
BLACK BEANS
FRESH AND CHILLED FRUIT

17

WG CHEESE STICKS W/MARINARA SAUCE
TOSSED SIDE SALAD W/RANCH
GREEN BEANS
FRESH ORANGE PEPPERS W/DIP
BLACK BEANS
FRESH AND CHILLED FRUIT

18

CHEESEBURGER ON WG BUN
SEASONED FRENCH FRIES
BAKED BEANS
MARINARA OR SALSA CUP
BLACK BEANS
FRESH AND CHILLED FRUIT

19

WG CHICKEN BITES W/WG GARLIC KNOT
STEAMED BROCCOLI W/CHEESE SAUCE
FRESH CUCUMBERS W/DIP
MARINARA SAUCE OR SALSA CUP
BLACK BEANS
FRESH AND CHILLED FRUIT

20

WG CHICKEN PARMESAN SANDWICH
SEASONED FRENCH FRIES
STEAMED PEAS & CARROT
MARINARA OR SALSA CUP
BLACK BEANS
FRESH AND CHILLED FRUIT

23

SOFT TACO W/MEAT & SHREDDED CHEDDAR CHEESE & SHREDDED LETTUCE
REFRIED BEANS
STEAMED CORN
MARINARA OR SALSA CUP
BLACK BEANS
FRESH AND CHILLED FRUIT

24

BAKED BBQ CHICKEN W/BISCUIT
TOSSED SIDE SALAD W/RANCH
STEAMED CAULIFLOWER
MARINARA SAUCE OR SALSA CUP
BLACK BEANS
FRESH AND CHILLED FRUIT

25

BACON CHEESEBURGER ON WG BUN
SEASONED FRENCH FRIES
HUMMUS W/CHIPS
MARINARA OR SALSA CUP
BLACK BEANS
FRESH AND CHILLED FRUIT

26

WG CORN DOG NUGGETS
STEAMED BROCCOLI W/CHEESE SAUCE
GREEN BEANS
FRESH YELLOW PEPPERS W/DIP
BLACK BEANS
FRESH AND CHILLED FRUIT

27

COUNTRY BAKED PORK CHOP
W/GRAVY & WG CORN MUFFIN
BAKED BEANS
MASHED POTATOES
MARINARA OR SALSA CUP
BLACK BEANS
FRESH AND CHILLED FRUIT

30

**MAY CHOOSE 1 OR BOTH VEGGIE AND FRUIT OFFERINGS
**MILK OFFERED WITH EVERY MEAL
FF CHOCOLATE, FF STRAWBERRY OR 1% WHITE

MEAL PRICES

FREE: 0.00
REDUCED: .40¢
FULL PRICE: \$2.80
ADULT: \$4.00

