



WIDE RUINS COMMUNITY SCHOOL - FOOD SERVICES DEPARTMENT
2023 LUNCH MENU - JANUARY / MAY

Monday	Tuesday	Wednesday	Thursday	Friday
1/2/2023	1/3/2023	1/4/2023	1/5/2023	1/6/2023
Chili with beans Cornbread Green Garden Salad Crackers Whole Wheat Fruit Salad, Rainbow Milk, 1% Milk, Choice FF, 1%, Flav FF	Turkey and Cheese Croissant Broccoli Salad (Green) Sliced Peaches Milk, 1% Milk, choice FF, 1%, Flav FF	Meatloaf Brown Gravy WW Roll Mashed Potatoes Broccoli Trees Apple Wedges Milk, 1% Milk, Choice FF, 1% Flav FF	Chicken Enchiladas Mexican Rice Carrot Sticks Pinto Beans Canned Plums Milk, Choice FF, 1% Flav FF Milk, 1%	Meat Lasagna Bread Garlic Toast Coleslaw Cantaloupe Milk, 1% Milk, Choice FF, 1% Flav FF
1/9/2023	1/10/2023	1/11/2023	1/12/2023	1/13/2023
Green Chili Stew (chic & Bean) Tortilla Chip Yellow Pinto Beans Tortilla Whole Wheat 6 in Applesauce Milk Choc Fat Free Milk 1%	Ground Beef & Macaroni Cheesy Garlic Brd Stk Green Salad Salad Dressing Orange Smiles Milk 1% Milk, Choice FF, 1% Flav FF	Roast Beef Sandwich Mashed Potatoes Green Beans Pineapple Tidbit Milk Choc Fat Free Milk 1%	Chicken Noodle Soup Saltine Crackers California Mix Vegetable Bell Pepper Sticks(red) Sliced Peaches Milk 1% Milk Choc Fat Free	Pork Chops Brown Rice Pilaf Broccoli Florets Canteloupe Chex Mix Strawberry Yogurt Milk 1% Milk Choc Fat Free
1/16/2023	1/17/2023	1/18/2023	1/19/2023	1/20/2023
Hamburger on WW Bun Sweet Potato Fries Potato Fry Ovn Rdy (starchy) Apple Wedges Milk, Choice FF, 1% Flav FF Milk, 1%	Nachos w/ Beef & Beans Lettuce/ tomato Nacho Garnich Grapes , Fresh Milk, 1% Milk Choice FF, 1%, Flav FF	Chicken & Brown Rice Casserole Peas and Carrots seasoned Bell Pepper Sticks (red) Strawberry, Fresh Milk, 1% Milk, Choice FF, 1% Flav FF	Hot Turkey Sandwich Baked Beans, Ovn Fncy (Legume) Salad Basic Green Spring Mix Banana Slices Milk, Choice FF, 1% Flav FF Milk, 1%	Spagetti & Meat Sauce WG Bread Garlic Toast Salad Basic Green Cuc Tomato Salad Dressing Choice Lowfat Plums, ptd, cnd, jc Milk, 1% Milk Choice FF, 1%, Flav FF
1/23/2023	1/24/2023	1/25/2023	1/26/2023	1/27/2023
Beef Stew Texas Toast Orange Smiles Milk, 1% Milk, Choice FF, 1 %, Flav FF	Ham and Noodles Cornbread Spinach Garden Salad Tomato Wedges Fresh Grapes Milk, 1% Milk, choice FF, 1%, Flav FF	Grilled Cheese Sandwich Creamy Tomato Soup Apple Wedges Milk, 1% Milk, Choice FF, 1%, Flav FF	Mandarin Orange Chicken Vegetable Chow Main Broccoli Trees Chinese Cabbage Salad Melon Chunks Milk, 1% Milk, Choice FF, 1%, Flav FF Fortune Cookie	Beef Taco Pinto Beans Salsa Tortilla Chip Yellow Mango Chunks Milk, 1% Milk, Choice FF, 1%, Flav FF

Monday	Tuesday	Wednesday	Thursday	Friday
1/30/2023	1/31/2023	2/1/2023	2/2/2023	2/3/2023
Salisbury Steak W/ Gravy Potato Fry Ovn Rdy(starchy) Rolls Yeast Whole Wheat 2 oz. Carrots; fresh, boiled (red) Applesauce Fancy Milk, 1% Milk, Choice FF, 1%, Flav FF	Chicken Teriyaki with Sauce Rice Brown-plain Edamame Beans Calico Cabbage Pineapple Chunk JC Milk, 1% Milk, Choice FF, 1%, Flav FF	Spagetti & Meat Sauce WG Bread Garlic Toast Salad Green with Tomto Cucum Salad Dressing Choice Full Fat Peach Yc Sli Pear Jc Milk, 1% Milk, Choice FF, 1%, Flav FF	Pot Roast Potatoes Au Gratin Rolls Yeast Whole Wheat 2oz Corn Kernal Seasoned Melon Honeydew Milk, Choice FF, 1%, Flav FF Milk, 1%	Pizza Calzone Green Bean Cut Frz Seasoned Strawberries, Fresh Milk, Choice FF, 1%, Flav FF Milk, 1%
2/6/2023	2/7/2023	2/8/2023	2/9/2023	2/10/2023
Cannonball Sandwich-scratch Spinach Salad with raisins Apple Wedges Milk, 1% Milk Choc Fat Free Sweet Potato Fries	Beef Red Chili Enchiladas Refried beans homemade (veg) Lettuce & tomato nacho garnish Mexican Rice Peach slices Frz Milk Choc Fat Free Milk 1%	Chicken and Rice Bake Breadstick W G Rip Roasted Brussel Sprouts Salad Basic Green Spring Mix Plums, ptd, cnd, jc Milk 1% Milk Choc Fat Free	Braised Beef in gravy Rolls Yeast WW 1 oz Mashed Potatoes Homemade Green Beans Cut Frz Slushie Milk Choc Fat Free Milk 1%	Grilled Ham & Cheese Sandwich Carrot Sticks(red) French Fries; oven heat Cantaloupe Milk Choc Fat Free Milk 1%
2/13/2023	2/14/2023	2/15/2023	2/16/2023	2/17/2023
Chili with beans Cornbread Green Garden Salad Crackers Whole Wheat Fruit Salad, Rainbow Milk, 1% Milk, Choice FF, 1%, Flav FF	Turkey and Cheese Croissant Broccoli Salad (Green) Sliced Peaches Milk, 1% Milk, choice FF, 1%, Flav FF	Meatloaf Brown Gravy WW Roll Mashed Potatoes Broccoli Trees Apple Wedges Milk, 1% Milk, Choice FF, 1% Flav FF	Chicken Enchiladas Mexican Rice Carrot Sticks Pinto Beans Canned Plums Milk, Choice FF, 1% Flav FF Milk, 1%	Meat Lasagna Bread Garlic Toast Coleslaw Cantaloupe Milk, 1% Milk, Choice FF, 1% Flav FF
2/20/2023	2/21/2023	2/22/2023	2/23/2023	2/24/2023
Green Chili Stew (chic & Bean) Tortilla Chip Yellow Pinto Beans Tortilla Whole Wheat 6 in Applesauce Milk Choc Fat Free Milk 1%	Ground Beef & Macaroni Cheesy Garlic Brd Stk Green Salad Salad Dressing Orange Smiles Milk 1% Milk, Choice FF, 1% Flav FF	Roast Beef Sandwich Mashed Potatoes Green Beans Pineapple Tidbit Milk Choc Fat Free Milk 1 %	Chicken Noodle Soup Saltine Crackers California Mix Vegetable Bell Pepper Sticks(red) Sliced Peaches Milk 1% Milk Choc Fat Free	Pork Chops Brown Rice Pilaf Broccoli Florets Cantaloupe Chex Mix Strawberry Yogurt Milk 1 % Milk Choc Fat Free

Monday	Tuesday	Wednesday	Thursday	Friday
2/27/2023	2/28/2023	3/1/2023	3/2/2023	3/3/2023
Hamburger on WW Bun Sweet Potato Fries Potato Fry Ovn Rdy (starchy) Apple Wedges Milk, Choice FF, 1% Flav FF Milk, 1%	Nachos w/ Beef & Beans Lettuce/ tomato Nacho Garnich Grapes , Fresh Milk, 1% Milk Choice FF, 1%, Flav FF	Chicekn & Brown Rice Casserole Peas and Carrots seasoned Bell Pepper Sticks (red) Strawberry, Fresh Milk, 1% Milk, Choice FF, 1% Flav FF	Hot Turkey Sandwich Baked Beans, Ovn Fncy (Legume) Salad Basic Green Spring Mix Banana Slices Milk, Choice FF, 1% Flav FF Milk, 1%	Spagetti & Meat Sauce WG Bread Garlic Toast Salad Basic Green Cuc Tomato Salad Dressing Choice Lowfat Plums, ptd, cnd, jc Milk, 1% Milk Choice FF, 1%, Flav FF
3/6/2023	3/7/2023	3/8/2023	3/9/2023	3/10/2023
Beef Stew Texas Toast Orange Smiles Milk, 1% Milk, Choice FF, 1 %, Flav FF	Ham and Noodles Cornbread Spinach Garden Salad Tomato Wedges Fresh Grapes Milk, 1% Milk, choice FF, 1%, Flav FF	Grilled Cheese Sandwich Creamy Tomato Soup Apple Wedges Milk, 1% Milk, Choice FF, 1%, Flav FF	Mandarin Orange Chicken Vegetable Chow Main Broccoli Trees Chinese Cabbage Salad Melon Chunks Milk, 1% Milk, Choice FF, 1%, Flav FF Fortune Cookie	Beef Taco Pinto Beans Salsa Tortilla Chip Yellow Mango Chunks Milk, 1% Milk, Choice FF, 1%, Flav FF
3/13/2023	3/14/2023	3/15/2023	3/16/2023	3/17/2023
Salisbury Steak W/ Gravy Potato Fry Ovn Rdy(starchy) Rolls Yeast Whole Wheat 2 oz. Carrots; fresh, boiled (red) Applesauce Fancy Milk, 1% Milk, Choice FF, 1%, Flav FF	Chicken Teriyaki with Sauce Rice Brown-plain Edamame Beans Calico Cabbage Pineapple Chunk JC Milk, 1% Milk, Choice FF, 1%, Flav FF	Spagetti & Meat Sauce WG Bread Garlic Toast Salad Green with Tomto Cucum Salad Dressing Choice Full Fat Peach Yc Sli Pear Jc Milk, 1% Milk, Choice FF, 1%, Flav FF	Pot Roast Potatoes Au Gratin Rolls Yeast Whole Wheat 2oz Corn Kernal Seasoned Melon Honeydew Milk, Choice FF, 1%, Flav FF Milk, 1%	Pizza Calzone Green Bean Cut Frz Seasoned Strawberries, Fresh Milk, Choice FF, 1%, Flav FF Milk, 1%
3/20/2023	3/21/2023	3/22/2023	3/23/2023	3/24/2023
Cannonball Sandwich-scratch Spinach Salad with raisins Apple Wedges Milk, 1% Milk Choc Fat Free Sweet Potato Fries	Beef Red Chili Enchiladas Refried beans homemade (veg) Lettuce & tomato nacho garnish Mexican Rice Peach slices Frz Milk Choc Fat Free Milk 1%	Chicken and Rice Bake Breadstick W G Rip Roasted Brussel Sprouts Salad Basic Green Spring Mix Plums, ptd, cnd, jc Milk 1% Milk Choc Fat Free	Braised Beef in gravy Rolls Yeast WW 1 oz Mashed Potatoes Homemade Green Beans Cut Frz Slushie Milk Choc Fat Free Milk 1%	Grilled Ham & Cheese Sandwich Carrot Sticks(red) French Fries; oven heat Cantaloupe Milk Choc Fat Free Milk 1%

Monday	Tuesday	Wednesday	Thursday	Friday
3/27/2023	3/28/2023	3/29/2023	3/30/2023	3/31/2023
Chili with beans Cornbread Green Garden Salad Crackers Whole Wheat Fruit Salad, Rainbow Milk, 1% Milk, Choice FF, 1%, Flav FF	Turkey and Cheese Croissant Broccoli Salad (Green) Sliced Peaches Milk, 1% Milk, choice FF, 1%, Flav FF	Meatloaf Brown Gravy WW Roll Mashed Potatoes Broccoli Trees Apple Wedges Milk, 1% Milk, Choice FF, 1% Flav FF	Chicken Enchiladas Mexican Rice Carrot Sticks Pinto Beans Canned Plums Milk, Choice FF, 1% Flav FF Milk, 1%	Meat Lasagna Bread Garlic Toast Coleslaw Cantaloupe Milk, 1% Milk, Choice FF, 1% Flav FF
4/3/2023	4/4/2023	4/5/2023	4/6/2023	4/7/2023
Green Chili Stew (chic & Bean) Tortilla Chip Yellow Pinto Beans Tortilla Whole Wheat 6 in Applesauce Milk Choc Fat Free Milk 1%	Ground Beef & Macaroni Cheesy Garlic Brd Stk Green Salad Salad Dressing Orange Smiles Milk 1% Milk, Choice FF, 1% Flav FF	Roast Beef Sandwich Mashed Potatoes Green Beans Pineapple Tidbit Milk Choc Fat Free Milk 1 %	Chicken Noodle Soup Saltine Crackers California Mix Vegetable Bell Pepper Sticks(red) Sliced Peaches Milk 1% Milk Choc Fat Free	Pork Chops Brown Rice Pilaf Broccoli Florets Canteloupe Chex Mix Strawberry Yogurt Milk 1 % Milk Choc Fat Free
4/10/2023	4/11/2023	4/12/2023	4/13/2023	4/14/2023
Hamburger on WW Bun Sweet Potato Fries Potato Fry Ovn Rdy (starchy) Apple Wedges Milk, Choice FF, 1% Flav FF Milk, 1%	Nachos w/ Beef & Beans Lettuce/ tomato Nacho Garnich Grapes , Fresh Milk, 1% Milk Choice FF, 1%, Flav FF	Chicekn & Brown Rice Casserole Peas and Carrots seasoned Bell Pepper Sticks (red) Strawberry, Fresh Milk, 1% Milk, Choice FF, 1% Flav FF	Hot Turkey Sandwich Baked Beans, Ovn Fncy (Legume) Salad Basic Green Spring Mix Banana Slices Milk, Choice FF, 1% Flav FF Milk, 1%	Spagetti & Meat Sauce WG Bread Garlic Toast Salad Basic Green Cuc Tomato Salad Dressing Choice Lowfat Plums, ptd, cnd, jc Milk, 1% Milk Choice FF, 1%, Flav FF
4/17/2023	4/18/2023	4/19/2023	4/20/2023	4/21/2023
Beef Stew Texas Toast Orange Smiles Milk, 1% Milk, Choice FF, 1 %, Flav FF	Ham and Noodles Cornbread Spinach Garden Salad Tomato Wedges Fresh Grapes Milk, 1% Milk, choice FF, 1%, Flav FF	Grilled Cheese Sandwich Creamy Tomato Soup Apple Wedges Milk, 1% Milk, Choice FF, 1%, Flav FF	Mandarin Orange Chicken Vegetable Chow Main Broccoli Trees Chinese Cabbage Salad Melon Chunks Milk, 1% Milk, Choice FF, 1%, Flav FF Fortune Cookie	Beef Taco Pinto Beans Salsa Tortilla Chip Yellow Mango Chunks Milk, 1% Milk, Choice FF, 1%, Flav FF

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4/24/2023	4/25/2023	4/26/2023	4/27/2023	4/28/2023
Salisbury Steak W/ Gravy Potato Fry Ovn Rdy(starchy) Rolls Yeast Whole Wheat 2 oz. Carrots; fresh, boiled (red) Applesauce Fancy Milk, 1% Milk, Choice FF, 1%, Flav FF	Chicken Teriyaki with Sauce Rice Brown-plain Edamame Beans Calico Cabbage Pineapple Chunk JC Milk, 1% Milk, Choice FF, 1%, Flav FF	Spagetti & Meat Sauce WG Bread Garlic Toast Salad Green with Tomto Cucum Salad Dressing Choice Full Fat Peach Yc Sli Pear Jc Milk, 1% Milk, Choice FF, 1%, Flav FF	Pot Roast Potatoes Au Gratin Rolls Yeast Whole Wheat 2oz Corn Kernal Seasoned Melon Honeydew Milk, Choice FF, 1%, Flav FF Milk, 1%	Pizza Calzone Green Bean Cut Frz Seasoned Strawberries, Fresh Milk, Choice FF, 1%, Flav FF Milk, 1%
5/1/2023	5/2/2023	5/3/2023	5/4/2023	5/5/2023
Cannonball Sandwich-scratch Spinach Salad with raisins Apple Wedges Milk, 1% Milk Choc Fat Free Sweet Potato Fries	Beef Red Chili Enchiladas Refried beans homemade (veg) Lettuce & tomato nacho garnish Mexican Rice Peach slices Frz Milk Choc Fat Free Milk 1%	Chicken and Rice Bake Breadstick W G Rip Roasted Brussel Sprouts Salad Basic Green Spring Mix Plums, ptd, cnd, jc Milk 1% Milk Choc Fat Free	Braised Beef in gravy Rolls Yeast WW 1 oz Mashed Potatoes Homemade Green Beans Cut Frz Slushie Milk Choc Fat Free Milk 1%	Grilled Ham & Cheese Sandwich Carrot Sticks(red) French Fries; oven heat Cantaloupe Milk Choc Fat Free Milk 1%
5/8/2023	5/9/2023	5/10/2023	5/11/2023	5/12/2023
Chili with beans Cornbread Green Garden Salad Crackers Whole Wheat Fruit Salad, Rainbow Milk, 1% Milk, Choice FF, 1%, Flav FF	Turkey and Cheese Croissant Broccoli Salad (Green) Sliced Peaches Milk, 1% Milk, choice FF, 1%, Flav FF	Meatloaf Brown Gravy WW Roll Mashed Potatoes Broccoli Trees Apple Wedges Milk, 1% Milk, Choice FF, 1% Flav FF	Chicken Enchiladas Mexican Rice Carrot Sticks Pinto Beans Canned Plums Milk, Choice FF, 1% Flav FF Milk, 1%	Meat Lasagna Bread Garlic Toast Coleslaw Cantaloupe Milk, 1% Milk, Choice FF, 1% Flav FF
5/15/2023	5/16/2023	5/17/2023	5/18/2023	5/19/2023
Green Chili Stew (chic & Bean) Tortilla Chip Yellow Pinto Beans Tortilla Whole Wheat 6 in Applesauce Milk Choc Fat Free Milk 1%	Ground Beef & Macaroni Cheesy Garlic Brd Stk Green Salad Salad Dressing Orange Smiles Milk 1% Milk, Choice FF, 1% Flav FF	Roast Beef Sandwich Mashed Potatoes Green Beans Pineapple Tidbit Milk Choc Fat Free Milk 1 %	Chicken Noodle Soup Saltine Crackers California Mix Vegetable Bell Pepper Sticks(red) Sliced Peaches Milk 1% Milk Choc Fat Free	Pork Chops Brown Rice Pilaf Broccoli Florets Cantaloupe Chex Mix Strawberry Yogurt Milk 1 % Milk Choc Fat Free

Monday	Tuesday	Wednesday	Thursday	Friday
5/22/2023	5/23/2023	5/24/2023	5/25/2023	5/26/2023
Hamburger on WW Bun Sweet Potato Fries Potato Fry Ovn Rdy (starchy) Apple Wedges Milk, Choice FF, 1% Flav FF Milk, 1%	Nachos w/ Beef & Beans Lettuce/ tomato Nacho Garnich Grapes , Fresh Milk, 1% Milk Choice FF, 1%, Flav FF	Chicekn & Brown Rice Casserole Peas and Carrots seasoned Bell Pepper Sticks (red) Strawberry, Fresh Milk, 1% Milk, Choice FF, 1% Flav FF	Hot Turkey Sandwich Baked Beans, Ovn Fncy (Legume) Salad Basic Green Spring Mix Banana Slices Milk, Choice FF, 1% Flav FF Milk, 1%	Spagetti & Meat Sauce WG Bread Garlic Toast Salad Basic Green Cuc Tomato Salad Dressing Choice Lowfat Plums, ptd, cnd, jc Milk, 1% Milk Choice FF, 1%, Flav FF
5/29/2023	5/30/2023	5/31/2023	6/1/2023	6/2/2023
Beef Stew Texas Toast Orange Smiles Milk, 1% Milk, Choice FF, 1 %, Flav FF	Ham and Noodles Cornbread Spinach Garden Salad Tomato Wedges Fresh Grapes Milk, 1% Milk, choice FF, 1%, Flav FF	Grilled Cheese Sandwich Creamy Tomato Soup Apple Wedges Milk, 1% Milk, Choice FF, 1%, Flav FF	Mandarin Orange Chicken Vegetable Chow Main Broccoli Trees Chinese Cabbage Salad Melon Chunks Milk, 1% Milk, Choice FF, 1%, Flav FF Fortune Cookie	Beef Taco Pinto Beans Salsa Tortilla Chip Yellow Mango Chunks Milk, 1% Milk, Choice FF, 1%, Flav FF
6/5/2023	6/6/2023	6/7/2023	6/8/2023	6/9/2023
Salisbury Steak W/ Gravy Potato Fry Ovn Rdy(starchy) Rolls Yeast Whole Wheat 2 oz. Carrots; fresh, boiled (red) Applesauce Fancy Milk, 1% Milk, Choice FF, 1%, Flav FF	Chicken Teriyaki with Sauce Rice Brown-plain Edamame Beans Calico Cabbage Pineapple Chunk JC Milk, 1% Milk, Choice FF, 1%, Flav FF	Spagetti & Meat Sauce WG Bread Garlic Toast Salad Green with Tomto Cucum Salad Dressing Choice Full Fat Peach Yc Sli Pear Jc Milk, 1% Milk, Choice FF, 1%, Flav FF	Pot Roast Potatoes Au Gratin Rolls Yeast Whole Wheat 2oz Corn Kernal Seasoned Melon Honeydew Milk, Choice FF, 1%, Flav FF Milk, 1%	Pizza Calzone Green Bean Cut Frz Seasoned Strawberries, Fresh Milk, Choice FF, 1%, Flav FF Milk, 1%
6/12/2023	6/13/2023	6/14/2023	6/15/2023	6/16/2023
Beef Stew Texas Toast Orange Smiles Milk, 1% Milk, Choice FF, 1 %, Flav FF	Ham and Noodles Cornbread Spinach Garden Salad Tomato Wedges Fresh Grapes Milk, 1% Milk, choice FF, 1%, Flav FF	Grilled Cheese Sandwich Creamy Tomato Soup Apple Wedges Milk, 1% Milk, Choice FF, 1%, Flav FF	Mandarin Orange Chicken Vegetable Chow Main Broccoli Trees Chinese Cabbage Salad Melon Chunks Milk, 1% Milk, Choice FF, 1%, Flav FF Fortune Cookie	Beef Taco Pinto Beans Salsa Tortilla Chip Yellow Mango Chunks Milk, 1% Milk, Choice FF, 1%, Flav FF

Monday	Tuesday	Wednesday	Thursday	Friday
6/19/2023	6/20/2023	6/21/2023	6/22/2023	6/23/2023
Salisbury Steak W/ Gravy Potato Fry Ovn Rdy(starchy) Rolls Yeast Whole Wheat 2 oz. Carrots; fresh, boiled (red) Applesauce Fancy Milk, 1% Milk, Choice FF, 1%, Flav FF	Chicken Teriyaki with Sauce Rice Brown-plain Edamame Beans Calico Cabbage Pineapple Chunk JC Milk, 1% Milk, Choice FF, 1%, Flav FF	Spagetti & Meat Sauce WG Bread Garlic Toast Salad Green with Tomto Cucum Salad Dressing Choice Full Fat Peach Yc Sli Pear Jc Milk, 1% Milk, Choice FF, 1%, Flav FF	Pot Roast Potatoes Au Gratin Rolls Yeast Whole Wheat 2oz Corn Kernal Seasoned Melon Honeydew Milk, Choice FF, 1%, Flav FF Milk, 1%	Pizza Calzone Green Bean Cut Frz Seasoned Strawberries, Fresh Milk, Choice FF, 1%, Flav FF Milk, 1%
6/26/2023	6/27/2023	6/28/2023	6/29/2023	6/30/2023
Cannonball Sandwich-scratch Spinach Salad with raisins Apple Wedges Milk, 1% Milk Choc Fat Free Sweet Potato Fries	Beef Red Chili Enchiladas Refried beans homemade (veg) Lettuce & tomato nacho garnish Mexican Rice Peach slices Frz Milk Choc Fat Free Milk 1%	Chicken and Rice Bake Breadstick W G Rip Roasted Brussel Sprouts Salad Basic Green Spring Mix Plums, ptd, cnd, jc Milk 1% Milk Choc Fat Free	Braised Beef in gravy Rolls Yeast WW 1 oz Mashed Potatoes Homemade Green Beans Cut Frz Slushie Milk Choc Fat Free Milk 1%	Grilled Ham & Cheese Sandwich Carrot Sticks(red) French Fries; oven heat Cantaloupe Milk Choc Fat Free Milk 1%

WRCS is an equal opportunity establishment.

DARRYL ROCKBRIDGE, LFSW / PM / CDSO
BESSIE TSOSIE, FSW / COOK ~ CLAYTON BEGAY, FSW

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WIDE RUINS COMMUNITY SCHOOL