### March 2014

#### WCS Elementary & Middle School Lunch Menu

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| 3 Hot Pocket  
Chicken Tenders  
W/ Wheat Roll  
Au Gratin Potatoes  
Broccoli  
Carrots | 4 Mini Ravioli  
W/ Breadstick  
Stuffed Crust Pizza  
Loaded Baked Potato  
Green Peas  
Yellow Squash | 5 Corn Dogs  
Chicken Sandwich  
Tri-Tater Potato Wedges  
Spring Cut Vegetables  
Spinach | 6 Beef and Cheese Burrito  
Chicken Nuggets  
W/ Wheat Roll  
Loaded Baked Potato  
Pinto Beans  
Corn  
Spanish Rice | 7 Stuffed Crust Pizza  
Country Style Fish Sticks  
W/ Hushpuppies  
Green Beans  
Key Largo Vegetables  
Special Cookie |
| 10 Cheeseburgers  
Chicken Tenders  
W/ Wheat Roll  
Smiley Fries  
Broccoli & Cheese  
Carrots | 11 Chicken Parmesan Sandwich  
Stuffed Crust Pizza  
Loaded Baked Potato  
Baked Apples  
Peas & Carrots | 12 Mini Corn Dogs  
Beef Sticks w/Gravy  
W/ Wheat Roll  
Pacific Blend Vegetables  
Macaroni and Cheese  
Turnip Greens | 13 Beefy Nachos  
Chicken Nuggets  
W/ Wheat Roll  
Loaded Baked Potato  
Mexican Corn  
Ranch Beans | 14 Stuffed Crust Pizza  
Chicken Sandwich  
California Blend Vegetables  
Romaine Tossed Salads  
Green Beans  
Chocolate Chip Cookie |
| 17 Spring Break  
Spring is almost here! | 18 Check out one of our newest signature salads  
“The Cobb Salad” | 19 Nutrient Information  
Calories 331  
Total Fat 19.78g  
Saturated Fat 6.25g  
Carbs 11.05g | 20 “USDA is an equal opportunity provider and employer.” | 21 |
| 24 Beef Sticks w/Gravy  
Chicken Tenders  
W/ Wheat Roll  
Mashed Potatoes w/Gravy  
Carrots  
California Blend Vegetables | 25 Chicken Sandwich  
Stuffed Crust Pizza  
Loaded Baked Potato  
Baked Apples  
Italian Blend Vegetables | 26 Mini Corn Dogs  
Grill Cheese Sandwich  
Tomato Soup  
Crinkle Cut Fries  
Spring Cut Vegetables  
Spinach | 27 Cheese Enchilada  
Chicken Nuggets  
W/ Wheat Roll  
Loaded Baked Potato  
Spanish Rice  
Refried Beans  
Corn | 28 Stuffed Crust Pizza  
BBQ Pork Sandwich  
Northern Beans  
Key Largo Vegetables  
Turnip Greens  
Chocolate Chip Cookie |
| 31 Cheeseburgers  
Chicken Tenders  
W/ Wheat Roll  
Tater Tots  
Pacific Blend Vegetables |