

BREAKFAST AND LUNCH



2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Chicken strips, fries, baked beans, fruit and fresh veggies	Tomato soup, grilled cheese sandwich, fruit and fresh veggies	Cheeseburgers, fries, lettuce and tomato, fruit and veggies	4 Chicken teriyaki dippers, mac salad, green beans and fruit	5
		Pancakes, sausage	Cereal, fruit and toast	Green eggs and ham	Cereal, fruit and toast	
6	7 Deli sandwich, potato wedges, fruit and fresh veggies	8 Chicken alfredo, green beans, bread sticks, fruit and fresh veg	9 Pizza, Caesar salad, fruit and fresh veggies with ranch	Chicken noodle soup, sandwiches, fruit and fresh veggies	Chicken patty on a bun, lettuce and tomato, fries and fruit	12
	Cereal, fruit and toast	Breakfast sandwich	Cereal, fruit and toast	Muffins, yogurt, fruit	Cereal, fruit and toast	
13	14 Chicken nuggets, cheesy potatoes, fruit and green beans	Nachos, tossed salad, refried beans, fruit and fresh veggies	16 Pulled pork sandwich, coleslaw, fries, fresh veggies and fruit	17 2 nd grade choice Orange chicken, rice, pineapple, fresh veg	18 Italian dunkers, marinara sauce Caesar salad, fruit and veg	19
	Cereal, fruit and toast	Waffles, sausage, fruit	Cereal, fruit and toast	Breakfast bars, fruit	Cereal, fruit and toast	
20	Rotini and meat sauce, green beans, dinner roll, fruit and veg	Burritos, chili and cheese, tossed salad, fruit and fresh veggies	23 Pizza, Caesar salad, fruit and fresh veggies w/ranch	Tacos, potato rounds, refried beans, fruit and fresh veggies	25 Cheeseburgers, fries, lettuce and tomato, fruit and fresh veggies	26
	Cereal, fruit and toast	French toast, sausage	Cereal, fruit and toast	Cheese omelet	Cereal, fruit and toast	
27	28 Chicken strips, fries, baked beans, fruit and fresh veggies	29 Walking tacos, refried beans, fruit and fresh veggies	30 Deli sandwich, potato wedges, pasta salad, fruit and fresh veggies	31 Teriyaki chicken, rice, roasted veggies, fruit and fresh veggies		
	Cereal, fruit and toast	Breakfast pizza	Cereal, fruit and toast	Pancakes, sausage		

THE WILBUR SCHOOL DISTRICT IS AN EQUAL OPPORTUNITY EMPLOYER ALL MEALS INCLUDE A ½ PINT OF MILK AND FRESH VEGETABLE AND OR FRUIT