



9

LUNCH MENU

WRAMS

*DAILY ENTREE INCLUDES A CHOICE OF OPTION 1 OR OPTION 2 *ALL BREAD/GRAINS OFFERED ARE WHOLE GRAIN RICH





W

BREADED CHICKEN

DRUMSTICK

French Toast Bake Deli Roaster Potatoes

OR

CHEESE OMELET

CHEESE RAVIOLI
BREADSTICK
OR

Creamy Coleslaw

BBQ SHREDDED PORK ON BUN F SCHOOL LUNCH 3
HERO DAY

TURKEY BURGER ON BUN OR HOMEMADE PIZZA

Vegetarian Baked Beans Strawberry Banana Smoothie Pop

10

17

31

BREADED CHICKEN PATTY REGULAR OR SPICY OR PIZZA BURGER ON BUN

Roasted Vegetables

7WHOLE GRAIN TOASTED

CHEESE SANDWICH OR
CHICKEN QUESADILLA

Tomato Soup Saltine Crackers W

TURKEY IN GRAVY HOMEMADE ROLL OR FRENCH BREAD VEGGIE PIZZA

> Mashed Potatoes Steamed Broccoli

TH

8

15

TURKEY TACO FIESTA BOWL OR PORTESI CHEESE FRIES PIZZA SAUCE

Steamed Corn

GENERAL TSO CHICKEN

OR BEEF & BROCCOLI

Brown Rice Steamed Vegetables

M 13

BBQ RIB PATTY ON BUN OR CHEESE OR PEPPERONI PIZZA 14

PHILLY STEAK SANDWICH
ON BUN
OR
HOMEMADE VEGETABLE
QUESADILLA

Roasted Vegetables

W

W

HOMEMADE CHILI ROTINI NOODLES BREADSTICK OR

TURKEY BURGER ON BUN

California Blend Vegetables

TH 16

POPCORN CHICKEN HOMEMADE ROLL OR MEATBALL SUB

Mashed Potatoes / Gravy Steamed Corn

CHEESEBURGER
OR
SPICY BLACK BEAN BURGER
ON BUN

Pickles Potato Wedges

M

MANDARIN CHICKEN OR CHICKPEA CHANA MASALA

20

T

T

Brown Rice Steamed Vegetables Homemade Roll

ITALIAN MEAT SAUCE OR CHICKEN ALFREDO

> Spaghetti Noodles Breadstick

V 22

BEEF SHEPHERD'S PIE OR CHICKEN TENDERS

Homemade Roll

TH

SOFT SHELL PORK TACO OR CHICKEN TACOS

Shredded Lettuce
Diced Tomatoes
Salsa / Refried Beans

F

23

30

WENZEL'S FARM BEEF & PORK HOT DOG ON BUN OR BAKED POTATO W/ HAM & CHEESE

HOMEMADE ROLL
Steamed Broccoli

M 27

NO SCHOOL
MEMORIAL DAY

28

CHEESEBURGER
OR
VEGGIE BURGER

Potato Variety

CHEESE QUESADILLA

OR CHICKEN FAJITA

Shredded Lettuce Tomatoes / Salsa Steamed Corn TH

29

MACARONI & CHEESE OR

BREADED HONEY SRIRACHA

CHICKEN BITES

Steamed Vegetables Homemade Roll Steamed Broccoli

HOMEMADE LASAGNA OR LENTIL PASTA WITH MARINARA

Homemade Roll

M June 3

CHICKEN STRIP WRAP OR CRISPY FISH TACOS WITH LIME SRIRACHA SAUCE

Sweet Potato Fries

June 4

BUILD YOUR OWN HAM OR TURKEY SUB

Taco Chips / Salsa Sugar Snap Peas & Carrots Chocolate Chip Cookie



VACATION

MILK, FRESH FRUIT + VEGETABLES OFFERED DAILY

KNOW YOUR FOOD

VEGETARIAN

🖐 FARM TO SCHOOL

HARVEST OF THE MONTH

LUNCH PRICES
PAID: \$2.35

FREE: NO CHARGE REDUCED: \$0.40

A LA CARTE MILK: \$0.45

ADULT: \$4.65 CHILD VISITOR: \$3.00



FOLLOW US @WRSCHOOLNUTRITION WRPS.ORG/FOODSERVICE

REAL FOOD FOR RAPIDS KIDS