

# Charter School **April 2024** Breakfast Menu

Assorted milks (1% & low-fat options; Flavored or Unflavored) and 100% Fruit Juice offered with Breakfast daily.

## Monday

**1**  
**Assorted Cereals**  
WG Assorted Cereal Bowls  
Craisin Pack

## Tuesday

**2**  
**WG Cinnamon Bun**  
Whole Grain Cinnamon Buns  
Fresh Fruit Selection

## Wednesday

**3**  
**Assorted Cereals**  
WG Assorted Cereal Bowls  
Yogurt or Cheese Stick (High School Only)  
100% Orange Pineapple Juice

## Thursday

**4**  
**Warmed Muffins**  
WG Warmed Assorted Muffins  
Apple Sauce Cup

## Friday

**5**  
**WG Frosted Flakes**  
Assorted Cereal Bowl  
100% Apple Juice Cup

**8**  
**Cinnamon Raisin Bread**  
Sliced Raisin Bread  
Yogurt or Cheese Stick  
Seasonal Fresh Fruit

**9**  
**Cini-Cereal Bar**  
Cinnamon Mini Strudel  
Craisins

**10**  
**Assorted Cereal Bowl**  
Cinnamon Toast Cereal Bowl  
100% Fruit Juice Cup

**11**  
**WG Glazed Waffles**  
Warm Glazed Waffles  
Applesauce Cup

**12**  
**Nutri-Grain Bar**  
Whole Grain Cereal Bars  
100% Fruit Juice

**15**  
**Assorted WG Cereals**  
WG Assorted Cereal Bowls  
Craisin Pack

**16**  
**Warmed Assorted Muffins**  
WG Warmed Assorted Muffins  
Fresh Fruit Selection

**17**  
**WG Frosted Cereal**  
WG Assorted Cereal Bowls  
Yogurt or Cheese Stick (High School Only)  
100% Apple Juice Cup

**18**  
**Super Bakery Cinnamon Bun**  
Whole Grain Cinnamon Buns  
Apple Sauce Cup

**19**  
**WG Assorted Cereal Bowls**  
Assorted Cereal Bowl  
100% Orange Pineapple Juice

**22**  
**Assorted Cereal Bowl**  
Cinnamon Toast Cereal Bowl  
Seasonal Fresh Fruit

**23**  
**WG Cinnamon Waffles**  
Warm Glazed Waffles  
Craisins

**24**  
**Assorted Cereal Bars**  
Whole Grain Cereal Bars  
100% Fruit Juice Cup

**25**  
**Cinnamon Raisin Bread**  
Sliced Raisin Bread  
Yogurt or Cheese Stick  
Applesauce Cup

**26**  
**Toasted Cereal Bar**  
Cinnamon Mini Strudel  
100% Fruit Juice

**29**  
**Assorted Cereals**  
WG Assorted Cereal Bowls  
Craisin Pack

**30**  
**WG Cinnamon Bun**  
Whole Grain Cinnamon Buns  
Fresh Fruit Selection

**1**  
**Assorted Cereals**  
WG Assorted Cereal Bowls  
Yogurt or Cheese Stick (High School Only)  
100% Orange Pineapple Juice

**2**  
**Warmed Muffins**  
WG Warmed Assorted Muffins  
Apple Sauce Cup

**3**  
**WG Frosted Flakes**  
Assorted Cereal Bowl  
100% Apple Juice Cup

This Menu is designed for k-oz,eq12 students participating in a meal service program. Portion sizes are as listed: Entrees- 1 serving combined (1-2 components depending on whether or not the whole grain is combined or served separately. Separated grains are considered 1 component), Fruit or Juice 1cup (up to 1cup equivalent) servings per guidelines (1 component), Assorted Vegetables- up to 1 cup portions (1 component), Assorted Milk- 1 unitized 8oz or .5 pint serving (1 component). Students must receive all menued components to be considered a reimbursable meal. Menu and ingredients are subject to availability, any and all changes will be communicated prior to service date and/or time. Vegetarian and "meatless" options will be available for participating students upon request. Special Diets, Dietary Restrictions, and Allergies must be given at least 48 hours in advance of service date to assure that alternate meals can be provided (if available), and accommodations can be made during preparation of meals. Assorted Milks will be offered during both Lunch and Breakfast sessions. Contact the below with Questions or concerns pertaining to the above specified menu and dates.



INFO@WESTDGLLC.COM 407.308.5020

# Charter School **April 2024** Lunch Menu

*Assorted milks (1% & low-fat options) Flavored and Unflavored offered with Lunch daily.*

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

### **1 Homestyle Chicken Nuggets**

Homestyle Chicken Nuggets

Potato Wedges  
100% Fruit Juice

### **2 Meatball Subs**

Turkey Meatballs & Marinara Subs

Southern Baked Beans  
Seasonal Fresh Fruit

### **3 Sazon Baked Chicken Drumstick**

Caribbean Chicken Drumstick  
Yellowed Brown Rice

Tuscan Coleslaw  
100% Fruit Juice

### **4 Chef's Beef or Cheese Ravioli**

Chef's Beef or Cheese Ravioli  
WG Roll

Steamed Peas  
Wedged Oranges

### **5 Charbroiled BBQ Burger**

Grilled BBQ Burger on Sandwich Bun

1/2c Romaine Salad Mix & 1/4c Baby Carrots  
Diced Pears

### **8 Caribbean Beef Bites**

Caribbean BBQ Meatballs

Seasonal Fresh Fruit  
Black Beans & Brown Rice (moros)

### **9 Cheesy Beef Taco Salad**

Cheese & Ground Beef w/WG Tortilla Chips

Shredded Iceberg Lettuce  
100% Fruit Juice

### **10 Chicken Alfredo Casserole**

Chicken Alfredo Casserole w/WG Penne Pasta

Baby Carrots  
Romaine Salad Mix  
Pineapple Tidbits

### **11 State Fair Corn Dogs**

State Fair Corn Dogs

Fiesta Corn  
100% Fruit Juice

### **12 Macaroni & Cheese**

Cheesy Macaroni Pasta

Or  
Pepperoni Pizza (tentative)  
Mandarin Oranges  
Seasoned Broccoli

### **15 Salisbury Steak**

Salisbury Beef Steak & Gravy

Mixed Fruit  
Italian Brown Rice w/ Green peas

### **16 Chef's Beef or Cheese Ravioli**

Chef's Beef or Cheese Ravioli  
WG Rolls

100% Fruit Juice  
Smothered Green Beans

### **17 Homestyle Chicken Nuggets**

Homestyle Chicken Nuggets

Orange Wedges  
Potato Chunks

### **18 Mini Meatball Subs**

Turkey Meatballs & Marinara Subs

Seasonal Fresh Fruit  
1/2c Romaine Salad Mix  
Candied Carrots

### **19 Sazon Baked Chicken Drumstick**

Sazon Chicken Drumstick

Or  
Pepperoni Pizza (tentative)  
Kidney Beans & Brown Rice (congrì)  
100% Fruit Juice

### **22 State Fair Corn Dogs**

State Fair Corn Dogs

Baked Beans  
Fresh Fruit

### **23 Macaroni & Cheese**

Cheesy Macaroni Pasta

100% Fruit Juice  
Green Beans

### **24 BBQ Glazed Meatballs**

BBQ Glazed Meatballs

Crushed Pineapples  
Brown Rice w/Peas & Carrots

### **25 Chicken Alfredo Casserole**

Chicken Alfredo Casserole w/WG Penne Pasta

Baby Carrots & Romaine Salad Mix  
100% Fruit Juice

### **26 Cheesy Beef Taco Salad**

Cheese & Ground Beef w/WG Tortilla Chips

Shredded Iceberg Lettuce & Kernel Corn  
Applesauce Cup

### **29 Homestyle Chicken Nuggets**

Homestyle Chicken Nuggets

Potato Wedges  
100% Fruit Juice

### **30 Meatball Subs**

Turkey Meatballs & Marinara Subs

Southern Baked Beans  
Seasonal Fresh Fruit

### **1 Sazon Baked Chicken Drumstick**

Caribbean Chicken Drumstick  
Yellowed Brown Rice

Tuscan Coleslaw  
100% Fruit Juice

### **2 Chef's Beef or Cheese Ravioli**

Chef's Beef or Cheese Ravioli  
WG Roll

Steamed Peas  
Wedged Oranges

### **3 Charbroiled BBQ Burger**

Grilled BBQ Burger on Sandwich Bun

1/2c Romaine Salad Mix & 1/4c Baby Carrots  
Diced Pears

This Menu is designed for k-8 & 9-12 grade students participating in a meal service program. Portion sizes are as listed: Entrees- 1 serving combined (1-2 components depending on whether or not the whole grain is combined or served separately. Separated grains are considered 1 component), Fruit or Juice ½ cup offering (up to ½ c k-8; 1 cup 9-12 equivalent) per guidelines (1 component), Assorted Vegetable offering up to ¾ c k-8; 1 cup 9-12 portions (1 component), Assorted Milk- 1 unitized 8oz or .5 pint serving (1 component). Offer vs Serve requires that Students "Must Take a Minimum of 3 offered Components", but are not required to take all/full components to be considered a reimbursable meal. Menu and ingredients are subject to availability, any and all changes will be communicated prior to service date and/or time. Vegetarian and "meatless" options will be available for participating students upon request. Special Diets, Dietary Restrictions, and Allergies must be given at least 72 hours in advance of service date to assure that alternate meals can be provided (if available), and accommodations can be made during preparation of meals. Assorted Milks will be offered during both Lunch and Breakfast sessions. Contact the below with Questions or concerns pertaining to the above specified menu and dates.

# Cold Meal & Afterschool Snack

Cold Meal Offered Daily | Snack Optional For Participating Sites

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

### Daily Cold Meal Choice Option:

#### Turkey & Cheese Hero

Sliced Turkey & Cheese  
WG Sub roll  
  
W/Black Bean & Corn  
Salsa

#### Taco Salad

Chilled Taco Salad  
w\Tortilla Chips &  
Shredded Iceberg

#### Classic PBJ

Peanut Butter & Jelly on  
WG Bread  
w\Baby Carrots

#### Fajita Chicken Salad

Chilled Fajita Chicken &  
Romaine Salad  
w\Snack Crackers

#### Spicy Chicken Wrap

Boom Boom Chicken  
Wrap  
w\Coleslaw

### After School Snack Menu:

#### WG Pretzels

Assorted 6oz 100%  
Juice

#### Graham Bear &

1/2pt Assorted Milks

#### Seasonal Fresh Fruit &

Yogurt Snack Pack

#### Graham Crackers &

Assorted 6oz Juice

#### WG Goldfish Snack 1/2pt Assorted Milk

### Vegetarian Option Menu:

#### Cauliflower Casserole

Served with  
Vegetable, Grain,  
& Fruit of the day.

#### Me'tless Bolognese & Marinara Sauce

Served with  
Vegetable, Grain,  
& Fruit of the day.

#### Tuscan Vegetable Werap

Served with  
Vegetable, Grain,  
& Fruit of the day.

#### PBJ Uncrustable Sandwich

Served with  
Vegetable  
& Fruit of the day.

#### Me'tball Pasta Casserole

Served with  
Vegetable  
& Fruit of the day.

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