



# February 2019 West Phoenix High School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 *WG Buffalo Popcorn Chicken N' Tots *Hero Sub *Popcorn Chicken Salad *Grab N' Go: Yogurt w/ Tater Tots & Fruit
4 *Beef Hotdog on WG Bun *PB&J Uncrustable *Chicken Taco Salad *Grab N' Go: Cheese  w/ Ranch Chickpeas & Fruit	5 *WG Bean & Cheese Burrito *Ham Sub *BBQ Chicken Salad *Grab N' Go: Cheese  w/ Carrots & Fruit	6 *WG Cheese Pizza *Turkey Sub *Buffalo Chicken Salad *Grab N' Go: Cheese  w/ Garden Salad & Fruit	7 *Orange Chicken w/ WG Rice *PB&J Uncrustable *Chicken Caesar Salad *Grab N' Go: Cheese  w/ Cucumber Coins & Fruit	8 *Hot N' Spicy Chicken Sandwich *Hero Sub *Popcorn Chicken Salad *Grab N' Go: Cheese w/ Tater Tots & Fruit
11 *Hamburger on WG Bun *PB&J Uncrustable *Chicken Taco Salad *Grab N' Go: Peanut Butter w/ Dill Pickle & Fruit	12 *Popcorn Chicken, Potato & Corn Bowl *Ham Sub *BBQ Chicken Salad *Grab N' Go: Peanut Butter w/ Mashed Potatoes & Fruit	13 *WG Pepperoni Pizza *Turkey Sub *Buffalo Chicken Salad *Grab N' Go: Peanut Butter w/ Garden Salad & Fruit	14 *WG Cheese Quesadilla *PB&J Uncrustable *Chicken Caesar Salad *Grab N' Go: Peanut Butter w/ Carrot & Fruit	15  <b>NO MEAL SERVICE</b>
18  <b>NO MEAL SERVICE</b>	19 *Cheeseburger on WG Bun *Ham Sub *BBQ Chicken Salad *Grab N' Go: Yogurt  w/ Dill Pickle & Fruit	20 *WG Cheese Pizza *Turkey Sub *Buffalo Chicken Salad *Grab N' Go: Yogurt  w/ Garden Salad & Fruit	21 *Meatloaf Minis *PB&J Uncrustable *Chicken Caesar Salad *Grab N' Go: Yogurt  w/ Mashed Potatoes & Fruit	22 *WG Mac N' Cheese *Hero Sub *Popcorn Chicken Salad *Grab N' Go: Yogurt  w/ BBQ Beans & Fruit
25 *WG Grilled Chicken Sandwich w/ Pepper Jack Cheese *PB&J Uncrustable *Chicken Taco Salad *Grab N' Go: Cheese w/ Roasted Chickpeas & Fruit	26 *Chicken, Cheese & Bean Burrito *Ham Sub *BBQ Chicken Salad *Grab N' Go: Cheese  w/ Cucumber Coins & Fruit	27 *WG Pepperoni Pizza *Turkey Sub *Buffalo Chicken Salad *Grab N' Go: Cheese  w/ Garden Salad & Fruit	28 *Chicken Teriyaki w/ WG Rice *PB&J Uncrustable *Chicken Caesar Salad *Grab N' Go: Cheese  w/ Carrots & Fruit	

\* This institution is an equal opportunity provider.  
 \* Menus are subject to change based on product availability.  
 \* WG = whole grain

All meals come with choice of 8 oz.: skim white, 1% white or fat free chocolate milk