

# Fall Lunch Cycle Menu

**Walatowa High**  
 Please contact  
**Cletus Casiquito regarding**  
**the menu 834.0443**  
**Lunch is served with 1%**  
**Milk**

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Week 1 Ham & Turkey Sub 1 ea Lettuce & Tomatoes Carrot Raisin Salad 1/2c Seasonal Fresh Fruit 1/2c	Beef Taco 2 ea Lettuce, Salsa Calabacitas ½ c Melon 1 c	Chicken Fettuccini 1 c Garden Salad 1 c Fruited Jell-O ½ c Garlic Toast 1 sl	Pork with Vegetable Fried Rice ½ c Steamed Broccoli & Carrots ½ c Mandarin Oranges ½ c	Vegetable Pizza 1 ea Mixed Green Salad 1 c Seasonal Fresh Fruit ½ c
Week 2 BBQ Chicken 2 oz Baked Beans ½ c Watermelon 1 c Cheese Biscuit 1 ea	Spaghetti 2 oz Garden Salad 1 c Peach Slices ½ c Parmesan Bread Stick	Enchilada Casserole 1c Pinto Beans ½ c Zucchini ½ c WW Crackers 6 ea	Roasted Turkey 2 oz Mashed Potatoes ½ c Steamed Green Beans ½ Homemade Wheat Roll 1	Trout & Cheese on Whole Wheat Bun 1 Seasoned Oven Fries 1c Coleslaw ½ c
Week 3 Smothered Bean Cheese Burrito 1 Zucchini & Corn ½ c Seasonal Fresh Fruit ½ c	Chef Salad w/ ham, egg Cheese, assorted vegetables 2 c Fruited Jell-O ½ c Whole Wheat Crackers 6	Beef Broccoli Stir-Fry 1c Brown Rice ½ c Seasonal Fruit ½ c	Pork Green Chili Stew 1c Mixed Green Salad 1 c Baked Cinnamon Apples ½ c Tortilla 1 ea	Vegetable Pasta 1 c Assorted Melons ½ c Bread Stick 1 ea
Week 4 Turkey Vegetable Stew 1c Ambrosia Salad ½ c Cornbread 1 ea	Meatball Sub 1 ea Steamed Mixed Vegetables ½ c Pear Slices ½ c	Green Chili Chicken Casserole 1 c Mixed green Salad 1 c Seasonal Fresh Fruit ½ c Whole Wheat Bread 1 sl	Teriyaki Pork 2oz Oriental Vegetables ½ c Brown Rice ½ c Pineapple ½ c	Hamburger 1 ea Lettuce & Tomato Oven Fries 1 c Seasonal Fresh Fruit ½ c
Week 5 Chicken Fajitas 2oz Sauté Peppers Onions Salsa ½ c Refried Beans ½ c Mixed Fruit ½ c WW Tortilla 1 ea	Lasagna 1 c Steamed Broccoli ½ c Sliced Oranges ½ c Garlic Toast 1 sl	Baked Ham 2 oz Baked Sweet Potato ½ Steamed Cauliflower ½ c Whole Wheat Roll 1 ea	Beef Vegetable Stew 1 c Spinach Hominy ½ c Seasonal Fresh Fruit ½ c Cheese Biscuit 1 ea	BBQ Pork Hoagie 1 ea Baked Beans ½ c Coleslaw ½ c

Approved By: Debra Tousley, RD, LD