

**Washington County
Virginia**

**High School
Lunch Menu
May 2019**

This institution is an equal opportunity provider.

School News

Make the healthy economical choice:
Lunch

Paid Main \$2.55
Paid Deli/Pizza \$2.75
Reduced \$0.40
Free \$0.00

**Choice of Milk
1% White**

**Chocolate Non-Fat
Strawberry Non-Fat**

A school lunch includes 5 components:

- Meat/Meat Alternative
- Grain
- Vegetable
- Fruit
- Milk

A minimum of 3 components must be selected by the student to meet required standards. 1 of the selected components must be a 1/2 cup of fruit or vegetable.

Get in touch with us today to learn more about free and reduced priced meals in our district.
276-739-3074
www.wcs.k12.va.us
Make payments easily and safely using K12PaymentCenter.com

Monday April 29	Tuesday, April 30	Wednesday, May 1	Thursday, May 2	Friday, May 3
<p><u>Choose 1</u> Cheeseburger Sliders Chef Salad Buffalo Chicken Flat Bread Jamwich Box Lunch Pizza</p> <p><u>Choose 1 or 2</u> Potato tots California Veggies Toss Salad</p> <p><u>Choose 1 or 2</u> Fruit Choice of Milk</p>	<p><u>Choose 1</u> Corn Dog Chef Salad BBQ Rib Sub Jamwich Box Lunch Pizza</p> <p><u>Choose 1 or 2</u> Baked Beans Sweet Potato Puffs Toss Salad</p> <p><u>Choose 1 or 2</u> Fruit or Juice Choice of Milk</p>	<p><u>Choose 1</u> Oven Roasted Chicken w/roll Chef Salad Buffalo Chicken Nuggets w/roll Jamwich Box Lunch Pizza</p> <p><u>Choose 1 or 2</u> Whipped Potatoes Buttered Peas Savory Carrots Toss Salad</p> <p><u>Choose 1 or 2</u> Fruit Choice of Milk</p>	<p><u>Choose 1</u> Chili Mac w/garlic breadstick Chef Salad Bacon Cheesburger Cheesburger (lettuce, tomato, onion) Jamwich Box Lunch Pizza</p> <p><u>Choose 1 or 2</u> Steam Broccoli Potato Smiles or Carrot Sticks Toss Salad</p> <p><u>Choose 1 or 2</u> Fruit or Juice Choice of Milk</p>	<p><u>Choose 1</u> Chicken Alfredo w/garlic breadstick Chef Salad Meatball Sub on Bun Jamwich Box Lunch Pizza</p> <p><u>Choose 1 or 2</u> Green Beans Buttered Corn Toss Salad</p> <p><u>Choose 1 or 2</u> Fruit Choice of Milk</p> <p>Super Lunch Hero Day!</p>
Monday, May 6	Tuesday, May 7	Wednesday, May 8	Thursday, May 9	Friday, May 10
<p><u>Choose 1</u> Popcorn Chicken w/fried rice Chef Salad Asian Chicken w/fried rice Jamwich Box Lunch Pizza</p> <p><u>Choose 1 or 2</u> Sweet Potato Fries Broccoli w/garlic Toss Salad</p> <p><u>Choose 1 or 2</u> Fruit Choice of Milk</p>	<p><u>Choose 1</u> Country Fried Steak w/roll & gravy Chef Salad Savory Chicken Nuggets w/roll & gravy Jamwich Box Lunch Pizza</p> <p><u>Choose 1 or 2</u> Whipped Potatoes Savory Carrots Buttered Peas Toss Salad</p> <p><u>Choose 1 or 2</u> Fruit or Juice Choice of Milk</p>	<p><u>Choose 1</u> Pork BBQ Sliders Chef Salad Mini Corn Dogs Jamwich Box Lunch Pizza</p> <p><u>Choose 1 or 2</u> Ranchero Beans Au Gratin Potatoes Cole Slaw Toss Salad</p> <p><u>Choose 1 or 2</u> Fruit Choice of Milk</p>	<p><u>Choose 1</u> Scrambled Egg/Sausage link/Biscuit & Gravy Chef Salad Spicy Chicken on Bun Jamwich Box Lunch Pizza</p> <p><u>Choose 1 or 2</u> Potato Wedge Broccoli & Cheese Toss Salad</p> <p><u>Choose 1 or 2</u> Fruit or Juice Choice of Milk</p>	<p><u>Choose 1</u> Nachos w/Chili, Cheese Chef Salad Chicken & Cheese Tacos Jamwich Box Lunch Pizza</p> <p><u>Choose 1 or 2</u> Refried Beans Buttered Corn Salsa Toss Salad</p> <p><u>Choose 1 or 2</u> Fruit Choice of Milk</p>
Monday, May 13	Tuesday, May 14	Wednesday May 15	Thursday, May 16	Friday, May 17
<p><u>Choose 1</u> Chicken & Waffle Chef Salad Jamwich Box Lunch Pizza</p> <p><u>Choose 1 or 2</u> Sweet Potato Fries Steamed Broccoli Toss Salad</p> <p><u>Choose 1 or 2</u> Fruit Choice of Milk</p>	<p><u>Choose 1</u> Corn Dog Chef Salad Jamwich Box Lunch Pizza</p> <p><u>Choose 1 or 2</u> Pinto Beans Carrot Sticks Au Gratin Potatoes Toss Salad</p> <p><u>Choose 1 or 2</u> Fruit or Juice Choice of Milk</p>	<p><u>Choose 1</u> Grilled Cheese Chef Salad Jamwich Box Lunch Pizza</p> <p><u>Choose 1 or 2</u> Tomato Soup California Veggies Potato Wedge Toss Salad</p> <p><u>Choose 1 or 2</u> Fruit Choice of Milk</p>	<p><u>Choose 1</u> Hot Dog w/chili, cheese & onion Chef Salad Jamwich Box Lunch Pizza</p> <p><u>Choose 1 or 2</u> Baked Beans Cole Slaw Potato Tots Toss Salad</p> <p><u>Choose 1 or 2</u> Fruit or Juice Choice of Milk</p>	<p><u>Choose 1</u> Spicy Chicken on Bun Jamwich Box Lunch Pizza</p> <p><u>Choose 1 or 2</u> Green Beans Potato Wedges Toss Salad</p> <p><u>Choose 1 or 2</u> Fruit Choice of Milk</p>
Monday, May 20	Tuesday, May 21			
Managers Choice	<p>Managers Choice 2 hr Early Dismissal Last Day of School</p>			

Attention Parent/Guardian:

As the 2018-2019 school year is winding down, here are a few reminders:

Positive and negative student account balances do carry over each school year. If your child has a negative balance we ask, you to try to get it paid prior to the last day of school.

If you are having a financial hardship and may be in need of a payment plan, please call Brenda Green 276-739-3031.

If we have a current meal application on file and you have had a change in income or increased in household members please call Brenda Green 276-739-3031. Child Nutrition may receive meal applications through the last day of school. Meal benefits will be good for the first 30 days of the 2019-2020 school year.

Senior Parents/Guardian

If your graduating senior students has a negative account balance, we ask you to try to pay by May 3, 2019. If your graduating senior student has a positive account balance, you have two options.

You may transfer their balance to a sibling account or request a refund.

To request a transfer
<http://www.wcs.k12.va.us/content/school-nutrition-refundfunds-transfer-form>
 To request a refund
<http://www.wcs.k12.va.us/content/school-nutrition-refundfunds-transfer-form>

Senior refund request will become void after the last day of school.

Monday April 29	Tuesday, April 30	Wednesday, May 1	Thursday, May 2	Friday, May 3
Choose 1 Yogurt Parfait Chicken Biscuit Sausage Biscuit Steak Biscuit Poptarts Jamwich Mini Cinni Snack Bun Goody Ring Muffin w./graham cracker Cereal w./graham cracker Yogurt w./graham Cracker Choose 1 or 2 Fruit /Vegetable Choice of Milk	Choose 1 Pancake Sausage Stick Chicken Biscuit Sausage Biscuit Steak Biscuit Poptarts Jamwich Mini Cinni Snack Bun Goody Ring Muffin w./graham cracker Cereal w./graham cracker Yogurt w./graham Cracker Choose 1 or 2 Fruit/Vegetable Choice of Milk	Choose 1 Egg & bacon Biscuit Chicken Biscuit Sausage Biscuit Steak Biscuit Poptarts Jamwich Mini Cinni Snack Bun Goody Ring Muffin w./graham cracker Cereal w./graham cracker Yogurt w./graham Cracker Choose 1 or 2 Fruit/Vegetable Choice of Milk	Choose 1 Biscuit & Gravy Chicken Biscuit Sausage Biscuit Steak Biscuit Poptarts Jamwich Mini Cinni Snack Bun Goody Ring Muffin w./graham cracker Cereal w./graham cracker Yogurt w./graham Cracker Choose 1 or 2 Fruit/Vegetable Choice of Milk	Choose 1 Smoothie w./graham Cracker Chicken Biscuit Sausage Biscuit Steak Biscuit Poptarts Jamwich Mini Cinni Snack Bun Goody Ring Muffin w./graham cracker Cereal w./graham cracker Yogurt w./graham Cracker Choose 1 or 2 Fruit /Vegetable Choice of Milk
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Choose 1 Yogurt Parfait Chicken Biscuit Sausage Biscuit Steak Biscuit Poptarts Jamwich Mini Cinni Snack Bun Goody Ring Muffin w./graham cracker Cereal w./graham cracker Yogurt w./graham Cracker Choose 1 or 2 Fruit /Vegetable Choice of Milk	Choose 1 Pancake Sausage Stick Chicken Biscuit Sausage Biscuit Steak Biscuit Poptarts Jamwich Mini Cinni Snack Bun Goody Ring Muffin w./graham cracker Cereal w./graham cracker Yogurt w./graham Cracker Choose 1 or 2 Fruit/Vegetable Choice of Milk	Choose 1 Egg & bacon Biscuit Chicken Biscuit Sausage Biscuit Steak Biscuit Poptarts Jamwich Mini Cinni Snack Bun Goody Ring Muffin w./graham cracker Cereal w./graham cracker Yogurt w./graham Cracker Choose 1 or 2 Fruit/Vegetable Choice of Milk	Choose 1 Biscuit & Gravy Chicken Biscuit Sausage Biscuit Steak Biscuit Poptarts Jamwich Mini Cinni Snack Bun Goody Ring Muffin w./graham cracker Cereal w./graham cracker Yogurt w./graham Cracker Choose 1 or 2 Fruit/Vegetable Choice of Milk	Choose 1 Smoothie w./graham Cracker Chicken Biscuit Sausage Biscuit Steak Biscuit Poptarts Jamwich Mini Cinni Snack Bun Goody Ring Muffin w./graham cracker Cereal w./graham cracker Yogurt w./graham Cracker Choose 1 or 2 Fruit /Vegetable Choice of Milk
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Choose 1 Chicken Biscuit Sausage Biscuit Steak Biscuit Poptarts Jamwich Mini Cinni Snack Bun Goody Ring Muffin w./graham cracker Cereal w./graham cracker Yogurt w./graham Cracker Choose 1 or 2 Fruit /Vegetable Choice of Milk	Choose 1 Chicken Biscuit Sausage Biscuit Steak Biscuit Poptarts Jamwich Mini Cinni Snack Bun Goody Ring Muffin w./graham cracker Cereal w./graham cracker Yogurt w./graham Cracker Choose 1 or 2 Fruit/Vegetable Choice of Milk	Choose 1 Egg & bacon Biscuit Chicken Biscuit Sausage Biscuit Steak Biscuit Poptarts Jamwich Mini Cinni Snack Bun Goody Ring Muffin w./graham cracker Cereal w./graham cracker Yogurt w./graham Cracker Choose 1 or 2 Fruit/Vegetable Choice of Milk	Choose 1 Chicken Biscuit Sausage Biscuit Steak Biscuit Poptarts Jamwich Mini Cinni Snack Bun Goody Ring Muffin w./graham cracker Cereal w./graham cracker Yogurt w./graham Cracker Choose 1 or 2 Fruit/Vegetable Choice of Milk	Choose 1 Chicken Biscuit Sausage Biscuit Steak Biscuit Poptarts Jamwich Mini Cinni Snack Bun Goody Ring Muffin w./graham cracker Cereal w./graham cracker Yogurt w./graham Cracker Choose 1 or 2 Fruit /Vegetable Choice of Milk
Monday, May 20	Tuesday, May 21	Washington County Virginia High School Breakfast Menu May 2019 This institution is an equal Again, we thank you for your continued support in allowing us to serve you and we look forward to 2019-2020 school year. Respectfully, Child Nutrition Programs.		
Managers Choice	Managers Choice 2 hr Early Dismissal Last Day of School			