



WAHLERT CATHOLIC HIGH SCHOOL MENU 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2 - LABOR DAY</b>	<b>3</b>	<b>4</b>	<b>5 - National Cheese Pizza Day</b>	<b>6</b>
	Sloppy Joe on WG Bun Pizza by the Slice  SIDES: Calico Beans Potato Smiles Baby Carrots & Cherry Tomatoes Citrus Fruit Bowl Applesauce  Skim Chocolate or Skim White Milk	Mandarin Orange Chicken & Brown Rice Monte Cristo Sandwich  SIDES: Stir Fry Vegetables Tossed Salad Fresh Pear Wedges Pineapple Tidbits Slice of Bread  Skim Chocolate or Skim White Milk	Cheese Pizza Spicy Chicken Sandwich on WG Bun  SIDES: Steamed Green Beans Fresh Broccoli Honeydew Mandarin Oranges Cinnamon Streusel Cake   Skim Chocolate or Skim White Milk	Mr. Rib Sandwich on WG Bun 5 Mozzarella Cheese Sticks with Marinara  SIDES: Au Gratin Potatoes Baby Carrots Italian Romaine Salad Blueberries Mixed Fruit  Skim Chocolate or Skim White Milk
	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
WG Chicken Strips & WG Garlic Toast Pretzel with Cheese Sauce  SIDES: Crinkle Cut Fries Celery Sticks Spinach & Tomato Salad Dried Cherries Applesauce  Skim Chocolate or Skim White Milk	Beef Nacho Supreme with Cheese Chicken Cordon Bleu Sandwich on WG Bun  SIDES: Corn Refried Beans Shredded Lettuce Strawberries Sliced Pears Mexican Rice   Skim Chocolate or Skim White Milk	Pretzel Wrapped Dog Baked Potato Bar & Breadstick  SIDES: Cherry Tomatoes Island Vegetables Assorted Relishes with Red Pepper Fresh Orange Wedges Cinnamon Apple Slices  Skim Chocolate or Skim White Milk	Chicken Alfredo, WG Pasta, Garlic Breadstick Pork Tenderloin Sandwich on WG Bun  SIDES: Steamed Green Beans Tossed Salad Fresh Pear Wedges Mixed Fruit  Skim Chocolate or Skim White Milk	WG Bosco Sticks with Marinara Bean & Cheese Burrito  SIDES: Glazed Carrots Fresh Broccoli Cucumber Salad Watermelon Sliced Peaches  Skim Chocolate or Skim White Milk
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
WG French Toast Sticks & Sausage Patty Zesty Orange Chicken Skewers with Golden Rice and Slice of Bread  SIDES: Triangle Potato Spinach Salad Cheesy Cauliflower Fresh Apple Wedges Pineapple Tidbits  Skim Chocolate or Skim White Milk	WG Pizza Crunchers Long John with Scrambled Eggs & Ham  SIDES: Roasted Squash Assorted Relishes Kiwi Apricots  Skim Chocolate or Skim White Milk	WG Popcorn Chicken & Garlic Toast Breakfast Pizza  SIDES: Pizza Fava Beans Baby Carrots Assorted Relishes with Red Pepper Blueberries Mixed Fruit  Skim Chocolate or Skim White Milk	Chicken and Gravy & Dinner Roll Philly Steak Sandwich on Flatbread  SIDES: Mashed Potatoes Corn Garnished Tossed Salad Banana Mandarin Oranges   Skim Chocolate or Skim White Milk	Fish Sandwich on WG Bun Cheese Lasagna & WG Breadstick  SIDES: Steamed Broccoli Tossed Salad Cherry Tomatoes Fruit Slushie Fresh Apple Wedges  Skim Chocolate or Skim White Milk
<b>23</b>	<b>24</b>	<b>25 - LOCAL FOODS DAY</b>	<b>26</b>	<b>27</b>
Hot Dog on WG Bun Hamburger on WG Bun  SIDES: Country Vegetables Sweet Potato Fries Potato Salad Dried Cherries Cinnamon Apple Slices   Skim Chocolate or Skim White Milk	WG Tony's Cheesesticks & Marinara Tuna Melt on WG Flatbread  SIDES: Steamed Green Beans Tomato Mozzarella Salad Citrus Fruit Bowl Sliced Peaches  Skim Chocolate or Skim White Milk	BBQ Pulled Pork Sandwich on WG Bun Assorted Wraps- Chicken Bacon Ranch, Veggie Hummus Wrap and Buffalo Chicken  SIDES: Baked Beans Local Carrots Local Cherry Tomatoes Waffle Fries Local Apples   Skim Chocolate or Skim White Milk	WG Macaroni & Cheese Bar & Breadstick Roasted Chicken & Breadstick  SIDES: Steamed Broccoli Tossed Salad Tomato, Basil, Mozzarella Salad Fresh Orange Wedges Mixed Fruit  Skim Chocolate or Skim White Milk	Stuffed Crust Pizza Fish Sticks & Sunchips  SIDES: Broccoli Raisin Salad Carrot Coins Radishes Cantaloupe Sliced Pears Cereal Bar  Skim Chocolate or Skim White Milk
<b>30</b>	<b>October 1</b>	<b>2</b>	<b>3</b>	<b>4 - HOMECOMING</b>
Chicken Patty Sandwich on WG Bun Bratwurst on WG Bun  SIDES: Emoji Fries Mixed Vegetables Fresh Pear Wedges Applesauce  Skim Chocolate or Skim White Milk	WG French Bread Pizza Turkey O'Toole  SIDES: Baby Carrots Spinach Salad Fresh Cauliflower Fresh Pineapple Sliced Peaches  Skim Chocolate or Skim White Milk	Salisbury Steak & 2 Dinner Rolls Cinnamon Roll with Cheese Omelette  SIDES: Mashed Potatoes with Gravy Sliced Cucumbers Carrot Fries Banana Pineapple Tidbits  Skim Chocolate or Skim White Milk	Breakfast Sandwich on WG Bun Meatball Sub on WG Hoagie  SIDES: Steamed Peas Sweet Potato Fries Triangle Potato Grapes Mandarin Oranges  Skim Chocolate or Skim White Milk	Wahlerl Wins! Walking Taco Chicken Fajitas with Peppers & Onions  SIDES: Marching Band Black Beans Goal Post Celery Sticks Shredded Lettuce Gold & Blue Applesauce Homecoming Honeydew Celebration Cilantro Lime Ric    Skim Chocolate or Skim White Milk
<b>Alternate Meals Offered Daily</b>				
Uncrustable Meal Bundle	Chef Salad		*WG = Whole Grain Rich Items	*Menu subject to change without notice
Yogurt Parfait	Deli Express Line			