

Meal Pricing

Breakfast.....	\$1.35
Lunch.....	\$2.85
Reduced Breakfast.....	\$0.30
Reduced Lunch.....	\$0.40
Staff Breakfast.....	\$1.55
Staff Lunch.....	\$3.75
Visitor Breakfast.....	\$1.55
Visitor Lunch.....	\$3.75

2019-2020

Weatherford ISD

Weatherford High School & WHS Ninth Grade

Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> • French Toast Sticks • Chicken Biscuit • Cereal & Toast <ul style="list-style-type: none"> • Fruit • Juice • Milk 	<ul style="list-style-type: none"> • Breakfast Burrito • Cinnamon Roll • Cereal & Toast <ul style="list-style-type: none"> • Fruit • Juice • Milk 	<ul style="list-style-type: none"> • Breakfast on a Stick <ul style="list-style-type: none"> • Biscuit & Gravy • Cereal & Toast <ul style="list-style-type: none"> • Fruit • Juice • Milk 	<ul style="list-style-type: none"> • Sausage Biscuit • Cinnamon Roll • Cereal & Toast <ul style="list-style-type: none"> • Fruit • Juice • Milk 	<ul style="list-style-type: none"> • Pancakes • Eggs, Sausage & Toast <ul style="list-style-type: none"> • Cereal & Toast <ul style="list-style-type: none"> • Fruit • Juice • Milk

Other Breakfast Information:
Assorted Fruit Offered Daily

Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> • Spicy Chicken Sandwich • Mini Corn Dogs • Chicken & Waffles <ul style="list-style-type: none"> • Baby Carrots • California Blend <ul style="list-style-type: none"> • Fresh Fruit • Applesauce <ul style="list-style-type: none"> • Roll • Milk 	<ul style="list-style-type: none"> • Hot Dog • Salisbury Steak • Cheeseburger <ul style="list-style-type: none"> • Tri-Taters • Side Salad • Mandarin Oranges <ul style="list-style-type: none"> • Fresh Fruit • Roll • Milk 	<ul style="list-style-type: none"> • Hot Italian Melt <ul style="list-style-type: none"> • Hamburger • Chicken Tenders <ul style="list-style-type: none"> • Marinara Sauce • Sandwich Salad <ul style="list-style-type: none"> • Pinto Beans • Apple Slices • Fresh Fruit <ul style="list-style-type: none"> • Roll • Milk 	<ul style="list-style-type: none"> • Pepperoni Pizza • Ham Chef Salad <ul style="list-style-type: none"> • Cheese Pizza <ul style="list-style-type: none"> • Corn • Green Beans <ul style="list-style-type: none"> • Fresh Fruit • Orange Juice <ul style="list-style-type: none"> • Milk 	<ul style="list-style-type: none"> • Chicken Nuggets <ul style="list-style-type: none"> • Fish • Chicken Fried Steak <ul style="list-style-type: none"> • Mashed Potato • Peas & Carrots <ul style="list-style-type: none"> • Gravy • Applesauce <ul style="list-style-type: none"> • Fresh Fruit <ul style="list-style-type: none"> • Roll • Milk

Deli Room

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> • Chicken Fried Steak • Cheese Sticks w/Marinara • Chicken Tenders <ul style="list-style-type: none"> • Mashed Potato • Side Salad <ul style="list-style-type: none"> • Gravy • Roll • Fresh Fruit • Applesauce <ul style="list-style-type: none"> • Milk 	<ul style="list-style-type: none"> • Spicy Chicken Sandwich • Hamburgers <ul style="list-style-type: none"> • Cheeseburger <ul style="list-style-type: none"> • Tri-Taters • Sandwich Salad <ul style="list-style-type: none"> • Mandarin Oranges <ul style="list-style-type: none"> • Fresh Fruit • Milk 	<ul style="list-style-type: none"> • Pepperoni Pizza • Chicken Patty Melt <ul style="list-style-type: none"> • Popcorn Chicken • California Blend <ul style="list-style-type: none"> • Side Salad • Apple Slices • Fresh Fruit <ul style="list-style-type: none"> • Roll • Milk 	<ul style="list-style-type: none"> • Hot Italian Melt • Chicken Nuggets <ul style="list-style-type: none"> • Salisbury Steak <ul style="list-style-type: none"> • Marinara Sauce • Mashed Potato • Steamed Carrots <ul style="list-style-type: none"> • Fresh Fruit • Orange Juice <ul style="list-style-type: none"> • Roll • Milk 	<ul style="list-style-type: none"> • Chicken & Waffles • Cheese Quesadillas <ul style="list-style-type: none"> • Ham Chef Salad <ul style="list-style-type: none"> • Pinto Beans <ul style="list-style-type: none"> • Corn • Applesauce <ul style="list-style-type: none"> • Fresh Fruit <ul style="list-style-type: none"> • Roll • Milk

Pepper Room

Other Lunch Information:

Assorted Fruit and Vegetables Offered Daily

Some items may contain pork and subject to change without notice. Please inquire if you have any questions.

The Texas Department of Agriculture (TDA) has issued the Smart Snack Nutrition Standards to promote a healthier environment in schools. This Policy contains various nutritional regulations that the Weatherford ISD Child Nutrition Department must follow. The following is a list of the regulations that must be followed on a daily basis at each campus.

- Elementary classrooms may serve one nutritious snack per day in the morning or afternoon (not during regular meal periods of that class) under teacher's guidance. Prepackage snacks must comply with the fat and sugar limits of Smart Snack Nutrition Standards, must be single-size servings. All snacks (homemade and prepackage) may not contain any FMNV's or consist of candy or desert type items (cookie, cakes, cupcakes, pudding, ice cream, or frozen desers, etc.).

- Classroom birthday parties must be scheduled after the end of the class's lunch period so that these celebrations will not replace a nutritious lunch. Foods of Minimal Value (FMNV's) may not be brought into the cafeteria during lunch serving periods.

- Carbonated drinks, candies, water ices, and chewing gum may not be sold, served or given away during meal periods where reimbursable meals are served/consumed.