



WESLEYAN CHRISTIAN ACADEMY
MIDDLE & HIGH SCHOOL
September 2-October 4



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2	3	4	5	6
Grill		Buffalo Wings	Chicken Cordon Bleu Sandwich	Pizza Meat Lover's or Cheese	Pasta Bar
Entree	No School	Tuesday Beef Taco Corn Peppers and Onions Black Beans Seasoned Rice Garden Salad Fruit	Pork Fried Rice Peas and Carrots Green Beans Ginger Soy Salad Fruit	Beefaroni and Meat Sauce Ranch Carrots Garlic Bread Sticks Garden Salad Fruit	Chicken Picatta Garlic Green Beans Peas Mashed Potatoes Macaroni Salad Fruit
Vegan		Bean Tacos	Veggie Fried Rice	Vegan Pizza	Vegan Quesadilla
GI Safe		Wings/ GF Tortilla Taco	GF Chicken Cordon Bleu	GF Pizza	GF Pasta and Breadsticks
	9	10	11	12	13
Grill	Cheeseburger	Thai Chili Wings	BBQ Cheddar Chicken Sandwich	Pizza Veggie or Pepperoni	Pasta Bar
Entree	Scrambled Eggs Pancakes Bacon Fruit Salad Yogurt	Tuesday Chicken Taco Peppers, Onions Pinto Beans Rice Corn Salsa Fruit	Sweet and Sour Chicken Broccoli Carrots Brown Rice Ginger, Garlic Noodle Salad Fruit	Cheeseburger Bar Peas tater logs Cole Slaw Fruit	ACP Vegetable Medley Green Beans Garden Salad Fruit
Vegan	Vegan Breakfast	Bean & Veggie Tacos	Vegan Sw/Sour Chicken Meal	Vegan Pizza	Veggie "Cheese" and Rice
GI Safe	GF Bun Cheeseburger	Wings/ GF Tortilla Tacos	GF Chicken Nuggets Meal	GF Pizza	ACP
	16	17	18	19	20
Grill	Cheeseburger	BBQ Wings	Buffalo Chicken Sandwich	Pizza Meat or Cheese	Pasta Bar
Entree	Scrambled Eggs Biscuits/Gravy Bacon Peppers onion Potatoes Fruit Salad	Tuesday Beef Tacos Corn Peppers and Onions Black Beans Rice Fruit	Pulled Pork BBQ Sandwich Baked Beans Cole Slaw Collards Fruit	Chicken Pot Pie Peas and Carrots Buttered Potatoes Garden Salad Fruit	Teacher's Inservice
Vegan	Vegan Breakfast	Bean & Veggie Tacos	BBQ Tofu	Gardenburger	
GI Safe	GF Bun Burger	Wings/ GF Tortilla Tacos	GF Bun Pulled Pork	GF Pizza	
	23	24	25	26	27
Grill	Cheeseburger	Buffalo Wings	Chicken Bacon Ranch Wrap	Pizza Veggie or Pepperoni	Pasta Bar
Entree	Chicken and Waffles Stoco Pepper Sauce Potato Hash Creamed Peas Fruit Salad	Tuesday Chicken Taco Peppers, Onions Pinto Beans Rice Cole Slaw Fruit	Beefaroni Steamed Carrots Tomato Mozz Salad Garden Salad Fruit	Sweet and Sour Chicken Green Beans Broccoli Ginger Rice Sesame Chop Salad Fruit	ACP Rice Garden Salad Mixed Veggies Fruit
Vegan	Vegan Breakfast	Bean & Veggie Tacos	Stuffed Portabella	Vegan Pizza	ACV
GI Safe	GF Bun Burger	Wings/ GF Tortilla Tacos	GF Pasta	GF Pizza	ACP
	30	1	2	3	4
Grill	Cheeseburger	Jerk Seasoned Wings	Chicken Bacon Ranch Sandwich	Pizza Meat Lovers or Cheese	Pasta Bar
Entree	French Toast Sticks Bacon Scrambled Eggs Hash Browns Fruit Salad	Tuesday Beef Tacos Corn Salsa Blackbeans Rice Cole Slaw Fruit	Chicken Parm Steamed Carrots Peas Garden Salad Fruit	Roasted Turkey/Gravy Green Beans Stuffing Sweet Potatoes Fruit	Chicken Mac and Cheese Broccoli Garlic Breadsticks Garden Salad Fruit
Vegan	Vegan Breakfast	Bean & Veggie Tacos	Vegan Pasta	Vegan Pizza	Vegan Mac and Cheese
GI Safe	GF Bun Burger	Wings/ GF Tortilla Tacos	GF Pasta with Chicken	GF Pizza	GF Pasta