

Woodburn Elementary Schools

Breakfast & Lunch Menu

September-November 2016

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Yogurt & Muffin	Mini Cinnis	Breakfast Round	Banana Bread	Bagel w/ Cream Cheese
	Cheeseburger	Pepperoni Pizza*	Chicken Nuggets & Roll	Nachos Supreme	Hot Dog & Sweet Potato Wedges
	Corn Dog	Deli Sub	PB&J & Pretzels	Sun Butter & Soft Pretzel	Bean Burrito Sweet Potatoes
2	Breakfast on a Stick	Biscuit & Sausage	Maple Sticks	Strawberry Mini Pancakes	Waffles
	Taco Spanish Rice	Cheese Pizza	Philly Cheesesteak Sub	Spaghetti Meatballs & Breadstick	Hamburger
	Grilled Cheese	Turkey & Cheese Sub	PB&J & Chez-Its	Yogurt, Cheese & Bagel	Tuna Salad Sandwich
3	Breakfast Burrito	Mini Filled Bagels	Cinnamon Roll	Cheese Stix	French Toast Sticks
	Orange Chicken & Confetti Rice	Pepperoni Pizza*	Chicken Patty Sandwich	Enchiladas Stack & Spanish Rice	BBQ Sandwich* Oven Fries
	Corn Dog	Ham & Cheese Sandwich	PB&J & Pretzels	Sun Butter & Soft Pretzel	Bean Burrito Oven Fries
4	Breakfast Pizza	Frudel	Breakfast Taco	Blueberry Mini Pancakes	Cinnamon Bun
	Teriyaki Beef & Broccoli on Rice	Cheese Pizza	Italian Meatball Sub	Country Fried Steak, Potatoes & Gravy, Roll	Fish Nuggets Sweet Potato Puffs
	Grilled Cheese	Deli Wrap	PB&J & Chez-Its	Yogurt, Cheese & Bagel	Pizza Pocket Sweet Potato Puffs

OTHER DAILY SELECTIONS:

BREAKFAST

Cereal or Breakfast Bar

Fat free or 1% white milk

All Students must take ½ cup fruit with breakfast.

LUNCH

Low fat or fat free white and chocolate milk. The variety bars provides fresh and canned fruits and vegetables.

All Students must take at least ½ cup fruit &/or veggies with lunch

Items marked with an asterisk* may contain pork.

This menu is subject to change without notice.

Develop Healthy Habits: Start Your Day with a Balanced Breakfast

Whole Grains for Fullness & Energy

Lean Proteins for Healthy Lean Muscles

Calcium Rich Foods for Strong Bones & Teeth

Sweet Colorful Fruit or Veggies for Fiber, Vitamins & Minerals

S	M	T	W	T	F	S
	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1

S	M	T	W	T	F	S
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

This Institute is an equal opportunity provider.

■ Week 1 Meal Plan
 ■ Week 2 Meal Plan
 ■ Week 3 Meal Plan
 ■ Week 4 Meal Plan