

Woodburn Elementary School

Breakfast & Lunch September-November 2022 Menu

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Banana Bread	Breakfast Tacos	Breakfast Round	Waffles	Bagel w/ Cream Cheese
	Hamburger	Pepperoni Pizza*	Chicken Strips & WW Roll	Enchiladas & Spanish Rice	Hot Dog
	Corn Dog	Turkey & Cheese Sub	PB&J & Doritos	Yogurt, Cheese & Bagel	Vegan Burrito Pulled Pork Sandwich
2	Cinnamon Bun	Mini Cinnis	Yogurt & Muffin	Strawberry Mini Pancakes	Bagel Sandwich
	Teriyaki Chicken & Soba Noodles	Cheese Pizza	Philly Cheesesteak Sub	Spaghetti & Garlic Toast	Sloppy Joe
	Corn Dog	Italian Sub	PB&J	Yogurt, Cheese & Bagel	Fish Sticks Vegan Burrito
3	Breakfast Burrito	Mini Filled Bagels	Long John	Fiesta Wrap	Bagel w/ Cream Cheese
	Grilled Cheese	Pepperoni Pizza*	Grilled Chicken Sandwich	Nachos	Rib-B-Q Sub
	Corn Dog	Deli Wrap	PB&J & Doritos	Egg Pop, Cheese & Soft Pretzel	Tuna Salad Sandwich Vegan Burrito
4	Breakfast Quesadilla	Frudel	Yogurt & Muffin	Blueberry Mini Pancakes	Cinnamon Roll
	Orange Chicken & Brown Rice	Cheese Pizza	Meatball Sub	Turkey Gravy & Mashed Potatoes	Cheeseburger
	Corn Dog	Chicken Salad Sandwich	PB&J	Yogurt, Cheese & Bagel	Bean Burrito Vegan Burrito

OTHER DAILY SELECTIONS:

BREAKFAST

Cereal or Breakfast Bar

Fat free or 1% white milk

All Students must take ½ cup fruit with breakfast.

LUNCH

Fat free or 1% 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

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



Week 1 Meal Plan



Week 2 Meal Plan



Week 3 Meal Plan



Week 4 Meal Plan

This institution is an equal opportunity provider.