

Woodburn Middle School

Breakfast & Lunch September-November 2022 Menu

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