





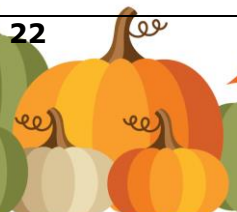
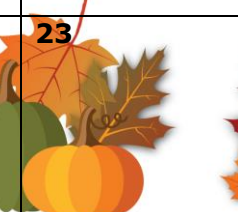
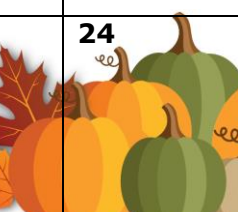
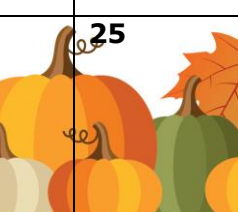
# Woodburn School District Heritage PreK/November 2022 Menu

## Daily Breakfast

1% white milk will be served with Breakfast daily.

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY                                     | FRIDAY  |
|--|--|---|--|---|
| <b>Cold Cereal, 1oz<br/>&amp; Gram Crackers,<br/>1 ct pkg</b><br><br>Applesauce Cup, 4.5oz | <b>Mini French<br/>Toast, 2.64oz</b><br><br>Raisins, 1.5oz | <b>Breakfast<br/>Round, 2.2oz</b><br><br>Banana, 1 ct | <b>Waffles, 2.47oz</b><br><br>Fruit Cup, 4oz | <b>Cold Cereal, 1oz<br/>&amp; Gram Crackers,<br/>1 ct pkg</b><br><br>Craisins, 1.16oz |

## Lunch

|   |   |  |   |   |
|---|---|--|---|---|
|    | <b>1</b><br><br><b>Pizza, 4.51oz</b><br><br>Salad Mix, ¼ cup<br>Pineapple, ½ cup            | <b>2</b><br><br><b>PB&amp;J, 2.6oz &amp;<br/>String Cheese, 1oz</b><br><br>Cucumber, ¼ cup<br>Fresh Pear, 1ct        | <b>3</b><br><br><b>Spaghetti &amp; Meat<br/>Sauce</b><br><br>Salad Mix, ¼ cup<br>Sliced Peaches, ½<br>cup                         |                   |
| <b>7</b><br><br><b>Grilled Cheese,<br/>4.19oz</b><br><br>Carrots, ¼ cup<br>Sliced Pears, ½ cup                                | <b>8</b><br><br><b>Deli Wrap, ½</b><br><br>Broccoli Ckd, ¼ cup<br>Sliced Apples, ½ cup      | <b>9</b><br><br><b>Grilled Chicken<br/>Sandwich, 1ct</b><br><br>Salad Mix, ¼ cup<br>Orange Wedges, 4ct               | <b>10</b><br><br><b>Nachos</b><br><br>Tomatoes, ¼ cup<br>Tropical Fruit, ½ cup  | <b>11</b><br><br> |
| <b>14</b><br><br><b>Orange Chicken,<br/>3.9oz</b><br><b>Brown Rice, 1 cup</b><br><br>Green Beans, ¼ cup<br>Mixed Fruit, ½ cup | <b>15</b><br><br><b>Pizza, 4.51oz</b><br><br>Red Bell Pep, ¼ cup<br>Pineapple, ½ cup        | <b>16</b><br><br><b>PB&amp;J, 2.6oz &amp;<br/>String Cheese, 1oz</b><br><br>Cauliflower, ¼ cup<br>Kiwi, 2ct          | <b>17</b><br><br><b>Turkey Gravy &amp;<br/>Mashed Potatoes &amp;<br/>WW Roll, 1oz</b><br><br>Corn, ¼ cup<br>Tropical Fruit, ½ cup | <b>18</b><br><br><b>Vegan Burrito,<br/>5.35oz</b><br><br>White Beans, ¼ cup<br>Strawberries, ½ cup    |
|    |          |                                   |   |                  |
| <b>21</b><br><br><b>Bean Tacos, 2ct</b><br><br>Salad Mix, ¼ cup<br>Mixed Fruit, ½ cup   | <b>22</b><br><br><b>Vegan Burrito,<br/>5.35oz</b><br><br>Carrots, ¼ cup<br>Pineapple, ½ cup | <b>23</b><br><br><b>PB&amp;J, 2.6oz &amp;<br/>String Cheese, 1oz</b><br><br>Garb&Pea Salad, ¼ cup<br>Fresh Pear, 1ct |   |   |
| <b>28</b><br><br><b>Bean Tacos, 2ct</b><br><br>Salad Mix, ¼ cup<br>Mixed Fruit, ½ cup   | <b>29</b><br><br><b>Vegan Burrito,<br/>5.35oz</b><br><br>Carrots, ¼ cup<br>Pineapple, ½ cup | <b>30</b><br><br><b>PB&amp;J, 2.6oz &amp;<br/>String Cheese, 1oz</b><br><br>Garb&Pea Salad, ¼ cup<br>Fresh Pear, 1ct |   |   |

## Snacks

|  |  |  |   |   |
|--|--|--|---|---|
| <b>Lil' Grams, 1.6oz</b><br><br><b>String Cheese, 1 oz</b> | <b>Chez-Its, .75oz</b><br><br><b>Applesauce, 4oz</b> | <b>French toast<br/>Grahams, 1.02oz</b><br><br><b>Cucumber Slices,<br/>4ct</b> | <b>Nacho Cheese<br/>Doritos, 1oz</b><br><br><b>Fruit Cup, 4oz</b> | <b>Goldfish crackers,<br/>.75oz</b><br><br><b>Apple Slices, 2oz</b> |
|--|--|--|---|---|

This Institute is an equal opportunity provider.  
This menu is subject to change without notice. All grain items are whole grain.  
Items marked with an asterisk\* may contain Pork.