

Woodburn School District Middle Cycle Menu

Breakfast & Lunch Menu December - February 2022-23

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	French Toast	Bagel & Cream Chz	Cinnamon Roll	Breakfast Round	Peach Pancake Bowl
	Chicken Quesadilla	Pepperoni Pizza*	Mac & Cheese w/WW Roll	Country Fried Steak w/Mashed Potatoes	Fish Nuggets & WW Roll
	Pizza Pocket	Yogurt, Cheese & Bagel	PB&J	Peanut Butter & Soft Pretzel	Sloppy Joe
	Corn Dog	Yogurt Parfait	Caesar Salad	Pizza Pocket	Vegan Burrito
2	Breakfast Pizza	Scrambled Eggs & Muffin	Breakfast Sandwich	Yogurt & Muffin	Breakfast on a Stick
	Teriyaki Chicken	Cheese Pizza	Chicken Nuggets	Nachos	Hamburger w/Smiley Fries
	Corn Dog	Ham & Cheese Sandwich	PB&J	Peanut Butter & Soft Pretzel	Fish Sandwich
	Grilled Cheese	Yogurt Parfait	Chef Salad	Pizza Pocket	Vegan Burrito
3	Frudel	Mini Filled Bagels	Long John	Breakfast Quesadilla	Waffles
	Beef Soft Tacos	Pepperoni Pizza*	BBQ Sandwich*	Chicken Alfredo w/Garlic Bread	Chicken Patty Sandwich
	Corn Dog	Yogurt, Cheese & Bagel	PB&J	Peanut Butter & Soft Pretzel	Chili & Cornbread Star
	Grilled Cheese	Yogurt Parfait	Caesar Salad	Pizza Pocket	Vegan Burrito
4	Cinnamon Burst Bread	Breakfast Burrito	Breakfast Bun	Mini Pancakes	Cold Cereal & Graham Crackers
	Orange Chicken	Cheese Pizza	Cheeseburger	Tamale & Spanish Rice	Pizza Ripper
	Corn Dog	Turkey & Cheese Sub	PB&J	Peanut Butter & Soft Pretzel	Jalapeño Bites
	Grilled Cheese	Yogurt Parfait	Chef Salad	Pizza Pocket	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

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



Week 1 Meal Plan



Week 2 Meal Plan



Week 3 Meal Plan



Week 4 Meal Plan

This Institution is an equal opportunity provider.