

Woodburn Middle Schools

Breakfast & Lunch Menu

March – June 2023

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.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Mini Cinnis Steak Fingers & WW Roll Hamburger Corn Dog	Cheese Stix Pizza* Ham & Cheese Sandwich Yogurt Parfait	Breakfast Round Chicken Nuggets & WW Roll Chicken Caesar Salad PB&J	ZeeZee Bar Meatballs w/ Mash Potatoes & Gravy Ham & Cheese Pocket Yogurt, String Cheese & Bagel	French Toast Sticks Oven Fried Chicken w/ Potato Wedges & WW Roll Soft Pretzel & Cheese Sauce Vegan Burrito
2	Breakfast on a Stick Chicken Teriyaki & Yakisoba Taco Snack Grilled Cheese Sandwich	Sausage Cheddar Biscuit Pepperoni* Pizza Chicken Salad Sandwich Yogurt Parfait	Waffles Chicken Patty Sandwich Jalapeño Cheese Bites PB&J	Mini Pancakes Spaghetti & Meatballs Pizza Pocket Hummus, Veggies, & Flatbread	Banana Bread Cheeseburger Hot Dogs Vegan Burrito
3	Breakfast Burrito Beef Tacos & Refried Beans Hamburger Corn Dog	Mini Filled Bagels Pizza BBQ Sandwich* Yogurt Parfait	Cinnamon Roll Meatball Sub Chef Salad & WW Roll PB&J	Breakfast Quesadilla Nachos Supreme Ham & Cheese Pocket Yogurt, String Cheese & Bagel	Bagel & Cream Cheese Fish Nuggets & WG Garlic Toast Three Bean Chili Vegan Burrito
4	Homemade Breakfast Sandwich Orange Chicken & Brown Rice Sloppy Joes Grilled Cheese Sandwich	Peach Pancake Bowl Pepperoni* Pizza Deli Sub Yogurt Parfait	Frosted Long John Cheeseburger Chicken Caesar Salad PB&J	Yogurt & Muffin Turkey Gravy, Mashed Potatoes & WW Roll Pizza Pocket Bean Dip & Tortilla Chips	Hot Oatmeal Brunch For Lunch Quesadilla Vegan Burrito

NUTRITION BITES: Water consumption for a healthy body

- Its recommended you drink 8 glasses of water everyday
- Choose water instead of sugar-sweetened beverages
- Add a wedge of lime or lemon to your water. This can help improve the taste and help you drink more water.

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

This Institution is an equal opportunity provider.