

Woodburn Elementary 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 Corn Dog	Cheese Stix Pizza Ham & Cheese Sandwich	Breakfast Round Chicken Nuggets & WG Roll PB&J	ZeeZee Bar Meatballs w/ Mash Potatoes & Gravy Yogurt, String Cheese & Bagel	French Toast Sticks Oven Fried Chicken w/ Potato Wedges & WW Roll Vegan Burrito
2	Breakfast on a Stick Chicken Teriyaki & Yakisoba Grilled Cheese Sandwich	Sausage Cheddar Biscuit Pepperoni* Pizza Chicken Salad Sandwich	Waffles Chicken Patty Sandwich PB&J	Mini Pancakes Spaghetti & Meatballs Hummus, Veggies, & Flatbread	Banana Bread Cheeseburger Vegan Burrito
3	Breakfast Burrito Beef Tacos & Refried Beans Corn Dog	Mini Filled Bagels Pizza BBQ Sandwich*	Cinnamon Roll Meatball Sub PB&J	Breakfast Quesadilla Nachos Supreme Yogurt, String Cheese & Bagel	Bagel & Cream Cheese Fish Nuggets & WG Garlic Toast Vegan Burrito
4	Homemade Breakfast Sandwich Orange Chicken & Brown Rice Grilled Cheese Sandwich	Peach Pancake Bowl Pepperoni* Pizza Deli Sub	Frosted Long John Cheeseburger PB&J	Yogurt & Muffin Turkey Gravy, Mashed Potatoes & WW Roll Bean Dip & Tortilla Chips	Hot Oatmeal Brunch For Lunch 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.