

Woodburn School District Middle School Cycle Menu

Breakfast & Lunch September-November 2023 Menu

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Banana Bread	Breakfast Round	Eggs Rancheros	Mini Pancakes	Bagel w/ Cream Cheese
	Hamburger	Pepperoni Pizza*	Chicken Strips & WW Garlic Toast	Enchiladas & Spanish Rice	Steak Fingers & WW Roll
	Corn Dog	Turkey & Cheese Sub	PB&J	Yogurt, Cheese & Bagel	Fish Sandwich
	Zesty Buffalo Chicken Wrap	Yogurt Parfait	Chicken Caesar Salad	Hummus Plate	Vegan Burrito
2	Breakfast Empanada	Mini Cinnis	Long John	Yogurt & Muffin	French Toast Sticks
	Teriyaki Chicken & Brown Rice	Cheese Pizza	Beef in Red Sauce w/ Spanish Rice	Spaghetti & WW Garlic Toast	Pizza Rippers
	Pierogi	Tuna Salad Sandwich	PB&J	Egg Pop, Cheese & Soft Pretzel	Sloppy Joe
	Grilled Cheese	Yogurt Parfait	Chef Salad	Beans, Cheese & Chips	Vegan Burrito
3	Breakfast Burrito	Mini Filled Bagels	Chilaquiles w/ Eggs	Cinnamon Bun	Bagel w/ Cream Cheese
	Orange Chicken & Soba Noodles	Pepperoni Pizza*	Chicken Nuggets & Doritos	Nachos	Cheeseburger
	Corn Dog	Asian Chicken Crunch Wrap	PB&J & Doritos	Corn Dog	Fish Sticks
	Chicken Quesadilla	Yogurt Parfait	Chicken Caesar Salad	Hummus Plate	Vegan Burrito
4	Waffles	Frudel	Eggs w/ Chorizo	Porridge	Cinnamon Roll
	Beef Teriyaki Dippers & Brown Rice	Cheese Pizza	Green Pork Carnitas w/ Cilantro Lime Brown Rice	Turkey Gravy & Mashed Potatoes	Grilled Chicken Sandwich
	Corn Dog	Grilled Cheese	PB&J	Yogurt, Cheese & Bagel	Hot Dog
	Ultimate Deli Wrap	Yogurt Parfait	Chef Salad	Beans, Cheese & Chips	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
27	28	29	30	31	1	2	1	2	3	4	5	6	7				1	2	3	4
3	4	5	6	7	8	9	8	9	10	11	12	13	14	5	6	7	8	9	10	11
10	11	12	13	14	15	16	15	16	17	18	19	20	21	12	13	14	15	16	17	18
17	18	19	20	21	22	23	22	23	24	25	26	27	28	19	20	21	22	23	24	25
24	25	26	27	28	29	30	29	30	31					26	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.