

# Woodburn School District Elementary Cycle Menu

## Breakfast & Lunch Menu December-February 2023-24

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Breakfast Empanada	Breakfast Round	Eggs Rancheros	Waffles	Bagel w/ Cream Cheese
	Orange Chicken w/Brown Rice	Pepperoni Pizza*	Lasagna Roll Up & Garlic Toast	Chicken Alfredo w/Garlic Bread	Fish Sticks & WW Roll
	Chicken Quesadilla	Turkey & Cheese Sub	PB&J	Yogurt, Cheese & Bagel	Vegan Burrito
2	Breakfast on a Stick	Mini Cinnis	Long John	Yogurt w/Granola	French Toast Sticks
	Teriyaki Chicken & Brown Rice	Cheese Pizza	Chicken Strips & WW Roll	Tamales & Spanish Rice	Hamburger w/Smiley Fries
	Corn Dog	Tuna Salad Sandwich	PB&J	Bean Dip & Doritos	Vegan Burrito w/Smiley Fries
3	Breakfast Burrito	Mini Filled Bagels	Chilaquiles with Eggs	Cinnamon Bun	Bagel w/ Cream Cheese
	Beef Teriyaki Dippers & Brown Rice	Pepperoni Pizza*	Mac & Cheese w/ Garlic Toast	Country Fried Steak w/Mashed Potatoes & WG Roll	Chicken Sandwich
	Grilled Cheese	Asian Chicken Crunch Wrap	PB&J & Doritos	Hummus Plate	Vegan Burrito
4	Porridge	Frudel	Breakfast Sandwich	Oatmeal Crunch Bar	Cinnamon Roll
	Pierogi	Cheese Pizza	Chicken Fajitas	Nachos	Cheeseburger
	Corn Dog	Ultimate Deli Wrap	PB&J	Yogurt, Cheese & Bagel	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		1	2	3	4	5	6					1	2	3
3	4	5	6	7	8	9	7	8	9	10	11	12	13	4	5	6	7	8	9	10
10	11	12	13	14	15	16	14	15	16	17	18	19	20	11	12	13	14	15	16	17
17	18	19	20	21	22	23	21	22	23	24	25	26	27	18	19	20	21	22	23	24
24	25	26	27	28	29	30	28	29	30	31				25	26	27	28	29		



Week 1 Meal Plan



Week 2 Meal Plan



Week 3 Meal Plan



Week 4 Meal Plan

This institution is an equal opportunity provider.