

Woodburn School District Middle School Cycle Menu

Breakfast & Lunch Menu December-February 2023-24

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Breakfast Empanada Orange Chicken w/Brown Rice Chicken Quesadilla Pepperoni Pocket	Breakfast Round Pepperoni Pizza* Turkey & Cheese Sub Yogurt Parfait	Eggs Rancheros Lasagna Roll Up & Garlic Toast PB&J Caesar Salad	Waffles Chicken Alfredo w/Garlic Bread Yogurt, Cheese & Bagel Pizza Pocket	Bagel w/ Cream Cheese Fish Sticks & WW Roll Sloppy Joe Vegan Burrito
2	Breakfast on a Stick Teriyaki Chicken & Brown Rice Corn Dog Grilled Cheese	Mini Cinnis Cheese Pizza Tuna Salad Sandwich Yogurt Parfait	Long John Chicken Strips & WW Roll PB&J Chef Salad	Yogurt w/Granola Tamales & Spanish Rice Bean Dip & Doritos Pizza Pocket	French Toast Sticks Hamburger w/Smiley Fries Hot Dog Vegan Burrito
3	Breakfast Burrito Beef Teriyaki Dippers & Brown Rice Corn Dog Grilled Cheese	Mini Filled Bagels Pepperoni Pizza* Asian Chicken Crunch Wrap Yogurt Parfait	Chilaquiles with Eggs Mac & Cheese w/ Garlic Toast PB&J & Doritos Caesar Salad	Cinnamon Bun Country Fried Steak w/Mashed Potatoes & WG Roll Hummus Plate Pizza Pocket	Bagel w/ Cream Cheese Chicken Sandwich Chili & Cornbread Star Vegan Burrito
4	Porridge Pierogi Corn Dog Grilled Cheese	Frudel Cheese Pizza Ultimate Deli Wrap Yogurt Parfait	Breakfast Sandwich Chicken Fajitas PB&J Chef Salad	Mini Pancakes Nachos Yogurt, Cheese & Bagel Pizza Pocket	Cinnamon Roll Cheeseburger Jalapeño Bites 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.