

# Woodburn Middle Schools

## Breakfast & Lunch Menu

## March – June 2024

### 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	Cheese Stix	Long John	Oatmeal Crunch Bar	French Toast Sticks
	Beef Teriyaki Dippers & Brown Rice	Pizza*	Chicken Nuggets & WW Roll	Butter Chicken & Brown Rice	Brunch For Lunch
	Hamburger	Ham & Cheese Sandwich	Chicken Caesar Salad	Bean Dip & Tortilla Chips	Pepperoni Pocket
	Corn Dog	Yogurt Parfait	PB&J	Yogurt, String Cheese & Bagel	Impossible Burger
2	Breakfast on a Stick	Cinnamon Bun	Waffles	Mini Pancakes	Yogurt & Granola
	Chicken Teriyaki & Yakisoba	Pepperoni* Pizza	Chicken Patty Sandwich	Spaghetti & Meat Sauce	Cheeseburger
	Cheesy Rippers	Chicken Salad Sandwich	Yogurt, String Cheese & Bagel	Pizza Pocket	Three Bean Chili
	Grilled Cheese Sandwich	Yogurt Parfait	PB&J	Hummus, Veggies, & Flatbread	Vegan Nuggets
3	Breakfast Burrito	Yogurt & Muffin	Chilaquiles with Eggs	Breakfast Quesadilla	Cold Cereal & Strawberries
	Beef Tacos & Refried Beans	Pizza	Meatball Sub	Nachos	Oven Fried Chicken w/Mac Salad & WW Roll
	Hamburger	Chicken Ranch Wrap	Chicken Caesar Salad	Hummus, Veggies, & Flatbread	Pepperoni Pocket
	Corn Dog	Yogurt Parfait	PB&J	Sweet & Savory Box	Vegan Burrito
4	Homemade Breakfast Sandwich	Banana Bread	Frudel	Mini Filled Bagels	Quinoa Surprise
	Chinese Takeout	Pepperoni* Pizza	Cheeseburger	Turkey Gravy, Mashed Potatoes & WW Roll	Pizza Rippers
	Sloppy Joes	Deli Sub	Chef Salad & WW Roll	Pizza Pocket	Hot Dog
	Grilled Cheese Sandwich	Yogurt Parfait	PB&J	Bean Dip & Tortilla Chips	Vegan Calzone

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

*This Institution is an equal opportunity provider.*