

Monday

Tuesday

Wednesday

Thursday

Friday

4
Chicken Nuggets
Wholegrain breaded chicken nugget with dipping sauce
Sweet Potato Fries
Dinner Roll
Choice of Fruit
Choice of Milk
F

5
No School

6
Pizza Boli
Whole grain dough filled with cheese and sauce.
Garden Salad
Choice of Fruit
Choice of Milk
A

7
Beef Goulash
Seasoned ground beef with a tomato sauce and whole grain elbow pasta.
Garlic Breadstick
Choice of Fruit
Choice of Milk
B

8
Meatball Grinder
Beef meatballs in a whole grain bun with marinara sauce and mozzarella
Green Beans
Choice of Fruit
Choice of Milk
C

11
Chicken Tenders
Whole grain breaded chicken tenderloin
Served with dipping sauce
French Fries
Dinner Roll
Choice of Fruit
Choice of Milk
D

12
Cheeseburger
Beef Patty on a whole grain bun with American cheese.
Potato Smiles
Choice of Fruit
Choice of Milk
E

13
Ernie's Pizza
Ernie's Cheese Pizza
Quinoa Salad
Choice of Fruit
Choice of Milk
F

14
Chicken Cacciatore
Seasoned chicken cooked with peppers and tomatoes tossed with whole grain elbow pasta
Side Salad
Choice of Fruit
Choice of Milk
A

15
Brunch for Lunch
French Toast Sticks
Sausage
Hash brown Patty
Choice of Fruit
Choice of Milk
B

18
Cherry Blossom Chicken
Whole grain breaded chicken chunks
With a sweet cherry sauce
Vegetable Brown Rice
Choice of Fruit
Choice of Milk
C

19
Loaded Beef Nachos
Seasoned ground beef served over corn chips with shredded cheese, lettuce, olives, salsa and sour cream.
Choice of Fruit
Choice of Milk
D

20
Grilled Cheese
Whole grain bread toasted with melted American cheese
Tomato Soup
Choice of Fruit
Choice of Milk
E

21
Roasted Turkey
Sliced turkey served with mashed potatoes, corn, gravy and cranberry sauce.
Apple Cobbler
Choice of Fruit
Choice of Milk
F

22
Cheese Ravioli
Whole Grain cheese ravioli with marinara sauce.
Broccoli
Dinner Roll
Choice of Fruit
Choice of Milk
A

25
Classic Chicken Sandwich
Whole grain breaded chicken breast served on a whole grain bun with pickles
Green Beans
Choice of Fruit
Choice of Milk
B

26
Ernie's Pizza
Ernie's Cheese Pizza
Quinoa Salad
Choice of Fruit
Choice of Milk
C

27
No School

28
Thanksgiving

29
No School

Milk is offered with all meals choice of Fat Free Chocolate, 1% white, fat free white or Lactaid Free

Available every day Rainbow Veggie Tray may include: Broccoli, Baby Carrots, Celery, Cucumbers, Tomatoes, Peppers, Bean Salad, Black Beans and Chickpeas

Three ways to pay: send in cash or check in a labeled envelope or visit mypaymentsplus.com to add money or track your account.

Ala Carte Snack Items are available daily snacks price range \$.60 - \$1.75 including, milk, assorted chips and Ice Cream

For menu questions please contact Jessica Hill jhill@woodbridgeps.org