

Woodruff High School Lunch and Breakfast Menus

April 16, 2018 to April 20, 2018

BE ACTIVE GET HEALTHY

5 -A DAY – Eat Your Colors Every Day

FOR BETTER HEALTH: EAT 5 FRUITS OR VEGETABLES A DAY



Monday

***Italian Combo Wraps w/Dips**
OR Oven Baked Pizzas
Lettuce /Tomato/ Cheese/Sour Cream
Seasoned Pinto Beans or Seasoned Rice
Chilled Sliced Pears
Nutri-grain Bar
Choice of Cold Milk

Steak Biscuit
OR Assorted Cereals
Toast and Jelly
Assorted Juices or Fruit
Choice of Cold Milk

Tuesday

Spaghetti w/Meat Sauce/Garlic Toast
OR Oven Baked Pizzas
Tossed Salad w/Assorted Dressings
Glazed Diced Carrots or Broccoli w/Cheese Sauce
Rosy Applesauce w/Vanilla Wafers
Chilled Sliced Pineapple
Chocolate Chip Cereal Bar
Choice of Cold Milk

French Toast Sticks w/Syrup
OR Assorted Cereals
Toast and Jelly
Assorted Juices or Fruit
Choice of Cold Milk

Wednesday

Sliced Roast Turkey
OR Oven Baked Pizzas
Rice w/Gravy
Seasoned Black-Eyed or Sweet Potato Casserole
Biscuit
Apple Brown Betty
Vanilla Ice Cream Cup
Choice of Cold Milk

Cheesy Grits w/Sausage Links
OR Assorted Cereals
Toast and Jelly
Assorted Juices or Fruit
Choice of Cold Milk

Thursday

Grilled Cheese Sandwich
OR Oven Baked Pizza
Vegetable Soup w/Crackers
Potato Wedges w/Ketchup
Frozen Strawberries Cup
Brownie
Choice of Cold Milk

Scrambled Eggs /Bacon/Hot Sauce
OR Assorted Cereals
Toast and Jelly
Assorted Juices or Fruit
Choice of Cold Milk

Friday

Chicken Fillet on Bun
OR Oven Baked Pizza
Shredded Lettuce /Sliced Tomato/Sliced Cheese
Seasoned Whole Kernel Corn
French Fries w/Ketchup
Chilled Mixed Fruit
Ice Cream Sandwich
Assorted Cookie
Choice of Cold Milk

Gravy Biscuit
OR Assorted Cereals
Toast and Jelly
Assorted Juices or Fruit
Choice of Cold Milk

Fresh Fruits offered Daily

***new item**

Sweet Potatoes Served Daily by request
Garden Salad Bar and Wolverine Express Line offer additional choices of entrees, vegetables, fruits and bread daily.

Menu subject to change

Non-discrimination Statement: This institution is an equal opportunity provider and employer.