

Woodruff High School Lunch and Breakfast Menus January 21, 2019 to January 25, 2019

EAT YOUR COLORS DAILY

FOR BETTER HEALTH: EAT 5 FRUITS OR VEGETABLES A DAY

Monday

NO SCHOOL – Martin Luther King Holiday

Tuesday

Entrée 1 Chicken Nuggets w/Dips
Entrée 2 Oven Baked Pizza
Vegetable Soup w/Saltines
Seasoned Whole Kernel Corn
Chilled Sliced Pears
Chocolate Chip Cookie
Choice of Cold Milk

Pancakes w/Syrup
Or Toast and Jelly
Or Assorted Cereals
Assorted Juices or Fruit
Choice of Cold Milk

Wednesday

Entrée 1 Hamburger on Bun
Entrée 2 Oven Baked Pizza
French Fries w/Ketchup
Baked Beans
Spiced Apples
Rice Krispy Treat
Choice of Cold Milk

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

Thursday

Entrée 1 Chili Beans w/Crackers
Entrée 2 Oven Baked Pizza
Potato Smiles w/Ketchup
Steamed Cabbage
Cornbread Muffin
Strawberries & Banana
Vanilla Pudding
Choice of Cold Milk

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

Friday

BREAKFAST @ LUNCH

Entrée 1 Scrambled Eggs/Sausage Patty or Bacon
Entrée 2 Chicken-n-Waffles w/ Syrup
Hot Grits w/Shredded Cheese
OR Potato Stars w/ Ketchup
Sliced Tomatoes
Biscuit
Switch Fruit Drinks or Chilled Mixed Fruit
Choice of Cold Milk

Breakfast Pizza
Or Assorted Cereals
Toast and Jelly
Assorted Juices or Fruit
Choice of Cold Milk

Entrée 3 Lettuce Mix w/Spinach Salad-To-Go with fruit, crackers and milk offered daily

Assorted Fresh Fruit Offered Daily

Menus subject to change.

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