



**Woodruff High School Lunch and Breakfast Menus  
October 15, 2018 to October 19, 2018**

**A-DAY -EAT YOUR COLORS DAILY  
FOR BETTER HEALTH: EAT 5 FRUITS OR VEGETABLES A DAY**



**Monday**

**Chicken Fajitas w/Tortilla Chips Salsa & Sour Cream  
OR Oven Baked Pizzas  
Shredded Lettuce/Diced Tomatoes/Cheese  
Seasoned Pinto Beans or Glazed Carrots  
Applesauce Cups  
Brownie  
Choice of Cold Milk**

**Steak Biscuit  
OR Assorted Dry Cereals  
Toast and Jelly  
Assorted Fruits or Juices  
Choice of Cold Milk**

**Tuesday**

**BBQ on Bun  
OR Oven Baked Pizzas  
Baked Chips  
Broccoli Medley w/Cheese Sauce  
Baked Beans  
Chilled Sliced Peaches  
Nuri-grain Bar  
Choice of Cold Milk**

**Muffins  
OR Assorted Dry Cereals  
Toast and Jelly  
Assorted Fruits or Juices  
Choice of Cold Milk**

**Wednesday  
Chinese Cuisine**

**Chicken w/Brown Rice/Soy or Teriyaki Sauce  
OR Oven Baked Pizzas  
Seasoned Oriental Vegetable Blend  
Seasoned Green Peas  
Chilled Mixed Fruits  
Egg Rolls  
Frozen Strawberry Cups  
Choice of Cold Milk**

**Scrambled Eggs/Sausage Pattie  
OR Assorted Dry Cereals  
Toast and Jelly  
Assorted Fruits or Juices  
Choice of Cold Milk**

**Thursday**

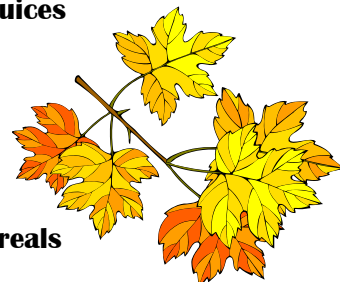
**PBJ Uncrustable Sandwiches  
OR Oven Baked Pizzas  
Vegetable Soup w/Crackers  
Tri taters w/Ketchup  
Chilled Pineapple  
Nutri-grain Cereal Bar  
Choice of Cold Milk**

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

**Friday**

**Boneless Chicken Wings w/Sauces  
OR Oven Baked Pizzas  
Assorted Raw Vegetables w/Dressing  
French Fries w/Ketchup  
Texas Toast  
Chilled Sliced Pears  
Rice Krispy Treats  
Choice of Cold Milk**

**Honeybuns  
OR Assorted Dry Cereals  
Toast and Jelly  
Assorted Fruits or Juices  
Choice of Cold Milk**



**Garden Salad Bar and Wolverine Express Line offer additional choices of entrees, vegetables, fruit and bread daily.**

**Assorted Fresh Fruit offered Daily**

**Menus subject to change**

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