

# Woodruff Middle School Lunch and Breakfast Menus

March 25, 2019 to March 29, 2019

5-A-DAY - Eat Your Colors Every Day

FOR BETTER HEALTH: EAT 5 FRUITS OR VEGETABLES A DAY

## Monday

**Entrée 1** Beef or Chicken Tacos w/Cheese & Salsa

**Entrée 2** Max Sticks w/Marinara Sauce

Shredded Lettuce/Diced Tomatoes/Sour Cream

Seasoned Black Beans or Fire Roasted Vegetables

Chilled Applesauce Cups

Vanilla Wafers

Choice of Cold Milk

Muffins

**OR** Assorted Cereals

Toast and Jelly

Assorted Juices or Fruit

Choice of Cold Milk

## Tuesday

**Entrée 1** Chicken Sliders

**Entrée 2** Corn Dog w/Dip

Tossed Salad w/Assorted Dressing

Seasoned Diced Carrots

Potato Smiles w/Ketchup

Chilled Sliced Peaches

Chocolate Chip Cookie

Choice of Cold Milk

Breakfast Pizza

**OR** Assorted Cereals

Toast and Jelly

Assorted Juices or Fruit

Choice of Cold Milk

## Wednesday

**Entrée 1** Baked Ham w/Biscuit

**Entrée 2** Popcorn Chicken w/Dips

Mashed Potatoes w/Brown Gravy

Broccoli w/Cheese or Black-Eyed Peas

Strawberries & Bananas

Vanilla Ice Cream Cup

Choice of Cold Milk

Scrambled Eggs w/Sausage Links

**OR** Assorted Cereals

Toast and Jelly

Assorted Juices or Fruit

Choice of Cold Milk

## Thursday

**Entrée 1** Hot Dog w/ or w/o Chili

**Entrée 2** Pizza

Tri Taters w/Ketchup or Whole Kernel Corn

Tossed Salad w/Assorted Dressings

Chilled Mixed Berry Cups

Assorted Snack Bars

Choice of Cold Milk

Pancakes w/Syrup

**OR** Assorted Cereals

Toast and Jelly

Assorted Juices or Fruit

Choice of Cold Milk

## Friday

**Entrée 1** Chicken Fillet on Bun

**Entrée 2** BBQ on Bun

Shredded Lettuce/Sliced Tomato or Cole Slaw

Baked Beans

Assorted Baked Chips

Chilled Mixed Fruit

Doughnut Holes

Choice of Cold Milk

Honey Bun

**OR** Assorted Cereals

Toast and Jelly

Assorted Juices or Fruit

Choice of Cold Milk

**Entrée 3** Mixed Greens Salad to go with fruit, crackers and milk offered daily.

**HAVE A SAFE SPRING BREAK**

**Assorted Fresh Fruit Offered Daily**

Menus subject to change

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