










































































Woodward Academy West Commons Student Lounge

April 2018 "Grab & Go" Lunch Menu

Eat Your Colors! Choose 4-5 Colors for a Balanced Meal

	Monday 4-02	Tuesday 4-03	Wednesday 4-04	Thursday 4-05	Friday 4-06
WEST COMMONS	Closed	  Grilled Chicken /Bun   Cheese & Asparagus Frittata  Caesar or Garden Salad  Real Fruit Popsicle	  Turkey & Cheese Croissant   Hummus & Vegetable Hoagie   Grilled Chicken Salad  Caesar Salad	 Baked Potatoes w/Various Toppings  Hearty Beef Chili   Vegetarian Chili  Caesar Salad	  Buffalo Chicken Wrap   Cream Cheese, Veggie Wrap   Garden Salad with Eggs  Caesar Salad   Ice Cream Cup   Coconut Macaroons
Available Daily:   PB & J Wheat Sandwich  Seasonal Fresh Fruit  Bag of Chips/Pretzels  Yogurt Cup  2%, Skim, FF & Choc Milk  Tea/Water					
	Monday 4-09	Tuesday 4-10	Wednesday 4-11	Thursday 4-12	Friday 4-13
WEST COMMONS	  Spicy Chicken on Bun  HM Vegetable Patties  Caesar Salad	  Philly Cheesesteak Sandwich   Vegetable Quiche  Caesar Salad   Nutty Buddy Ice Cream	  Cheese Pizza   Sausage & Pepperoni Pizza   Roasted Vegetable Pizza  Caesar Salad	  Turkey/Cheese Croissant   Mozzarella Tomato Panini  Caesar Salad	  Beef Hard Shell Tacos   Vegetarian Chorizo Frito Pie  Caesar Salad   Ice Cream Sandwiches
Available Daily:   PB & J Wheat Sandwich  Seasonal Fresh Fruit  Bag of Chips/Pretzels  Yogurt Cup  2%, Skim, FF & Choc Milk  Tea/Water					

Woodward Academy West Commons Student Lounge

April 2018 “Grab & Go” Lunch Menu

Eat Your Colors! Choose 4-5 Colors for a Balanced Meal

		Monday 4-16 (Day)	Tuesday 4-17 (Day)	Wednesday 4-18 (Day)	Thursday 4-19 (Day)	Friday 4-20 (Day)
WEST COMMONS						
	Available Daily:	PB & J Wheat Sandwich Seasonal Fresh Fruit Bag of Chips/Pretzels Yogurt Cup 2%, Skim, FF & Choc Milk Tea/Water				
		Monday 4-23 (Day 7)	Tuesday 4-24 (Odd)	Wednesday 4-25 (Even)	Thursday 2-26 (Day 1)	Friday 4-27(Day 2)
WEST COMMONS						
	Available Daily:	PB & J Wheat Sandwich Seasonal Fresh Fruit Bag of Chips/Pretzels Yogurt Cup 2%, Skim, FF & Choc Milk Tea/Water				

The colored dot(s) next to each menu item correspond to the equivalent food group colors on the current USDA “My Food Plate”.

For lunch, we recommend that you choose 4 – 5 different colors on your plate to obtain a balanced meal.