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Serve at the Middle School & WN Cafeterias



		Monday		Tuesday		Wednesday		Thursday		Friday
CYCLE ONE	 	Chicken in a Bun OR	 	Beef Tacos w. Corn Shells	 	Cheese Pizza	 	Turkey Corn Dog	 	Grilled Cheese on Wheat
		Grilled Chicken Breast (alternate)	 	Meatless Taco Crumbles	 	Pepperoni Pizza	 	Chicken Sausage/Bun		Tri-Color Pasta Spirals
	 	Meatless Chicken Filet	 	Cheese Enchiladas	 	Whole Wheat Grilled	 	Vegetarian Hot Dog/Bun		Steamed Broccoli
	 	Red Skin Mashed		HM Spanish Rice		Vegetable Pizza		Waffle Cut Fries		Tomato Soup on the Line
		Potatoes		Yellow Corn	 	Pasta Salad		Baked Beans		Cookie or Brownie & Ice
		Baby Steamed Carrots & Green Peas	 	Woodward Colored Nacho Chips & Tomato Salsa		Caesar Salad		Seasonal Fresh Fruit Salad		Cream Cup (Vanilla, Choc or Strawberry)

Colors match those of the food plate. Eat 4 – 5 colors for a balanced meal

Available Daily
































































-  Salad Bar (includes fresh field greens, tomatoes, cucumber, carrots, toppings, dressings)
-  Grated or cubed cheese, hard boiled eggs, chicken or tuna salad
-   PB or PB & J sandwich on wheat bread (individually wrapped)
-   Cheese or turkey/cheese sandwich on wheat bread (individually wrapped)
-  Fresh whole fruit selection (apple, orange, banana) or cut fruit salad (e.g. watermelon, strawberries, grapes)
-  Yogurt, apple sauce or pudding cup

Drinks

-  2%, Skim or Fat Free Milk
-  Orange Juice
- Water









Summer Camps Week 2,4,6,8

Serve at the Middle School & WN Cafeterias



		Monday			Tuesday			Wednesday			Thursday			Friday
CYCLE TWO	 	Hamburger/Bun	 		Chicken Tenders	 		Chicken Quesadilla	 		Spaghetti with Marinara	 		Beef Hot Dog/Bun
	 	HM Vegetarian Burger/ Bun	 		Meatless Chicken Tenders	 		Cheese Quesadilla			Sauce & Grated Parmesan	 		Veggie Hot Dog /Bun
		Crunchy Tater Tots	 		Macaroni & Cheese			Fiesta Rice			Sautéed Green Beans	 		Vegetable Quiche
		Baked Beans			Steamed Broccoli			Yellow Corn			Italian Salad			Crinkle Cut Sweet Potato
		Caesar Salad						Multi Colored Nacho Chips with Salsa			Breadstick OR Garlic Bread (alternate)			Fries
										Seasonal Fresh Fruit Salad	 		Grilled Zucchini & Squash	
													 	Sheet Cake & Brown Cow
														Ice Cream Treat

Colors match those of the food plate. Eat 4 – 5 colors for a balanced meal

Available Daily

-  Salad Bar (includes fresh field greens, tomatoes, cucumber, carrots, toppings, dressings)
-  Grated or cubed cheese, hard boiled eggs, tuna or chicken salad
-   PB or PB & J sandwich on wheat bread (individually wrapped)
-   Cheese or turkey/cheese sandwich on wheat bread
-  Fresh whole fruit selection (apple, orange, banana) or cut fruit salad (e.g. watermelon, strawberries, grapes)
-  Yogurt, apple sauce or pudding cup

Drinks

-  2%, Skim or Fat Free Milk
-  Orange Juice
- Water