



March 2024						
Su	M	T	W	Th	F	S
	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

April 2024						
Su	M	T	W	Th	F	S
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

May 2024						
Su	M	T	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25

Woodside Middle School Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Chicken Drumstick Dinner Roll Mashed Potatoes Baby Carrots Diced Peaches	Crispito Fiesta Beans Pepper Strips Sliced Apples	Original OR Spicy Chicken Patty on WG Bun Crinkle Fries Grape Tomatoes Strawberry Pomegranate Slushie	Scrambled Eggs WG Cinnamon Roll Baja Veggies Romaine Salad w/ Ranch Chilled Pears	Eagle Bread Corn Mixed Fresh Veggies Banana
Week 2	Chicken and Biscuit Steamed Broccoli Wango Mango Applesauce	Totchos Dinner Roll Fresh Broccoli and Cauliflower Fruit Cocktail	BBQ Rib Sandwich OR Breaded Turkey Dill on WG Bun Ranchero Beans Cucumber Slices Cinnamon Apples	Chicken Alfredo Garlic Toast Green Beans Romaine Salad W/ Italian Mandarin Oranges	Pizza Crunchers Steamed Carrots Mixed Fresh Veggies Blueberries and Strawberries
Week 3	Popcorn Chicken Corn Celery Sticks and Carrots Sliced Pears	Walking Taco Refried Beans Lettuce and Tomato Raisels	Cheeseburger Ranch Potato Wedges Carrots Diced Peaches	Mac and Cheese Steamed Peas Romaine Salad w/ Ranch Orange Slices	Stuffed Crust Pizza Potato Smiles Mixed Fresh Veggies Pineapple

Alternate Entrées : Pre-packaged reimbursable variety of salads, wraps, sandwiches, PBJ Combo/
String cheese, and bento boxes are offered daily.
Choice of low-fat white, non-fat white, non-fat chocolate milk and water offered daily.
All whole grain products.

Questions or Concerns?

Contact Amanda at durflingeramanda@saydel.net

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The 5 Components of a School Lunch

meat/meat
alternate

grain

milk

Offer Vs. Serve
Choose **1/2 cup fruit**,
or **1/2 cup vegetable**,
or 1/2 cup **combination**,
and **at least 2 other**
components. Choose all 5 for the best nutrition!

fruit

vegetable

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10	11	12	13	14	15	16	7	8	9	10	11	12	13	5	6	7	8	9	10	11
17	18	19	20	21	22	23	14	15	16	17	18	19	20	12	13	14	15	16	17	18
24	25	26	27	28	29	30	21	22	23	24	25	26	27	19	20	21	22	23	24	25
							28	29	30											

Woodside Middle School Alternative Lunch

Week 1	Week 2	Week 3
Rockin Chicken Caesar Salad	Chef Salad	Chicken Bacon Ranch Salad
Bento Box: Hard Boiled Egg, Cheese Cubes and WG Crackers	Pizza Munchable	Italian Combo Sub
PB&J with String Cheese and WG Goldfish Crackers	PB&J with String Cheese and WG Goldfish Crackers	PB&J with String Cheese and WG Goldfish Crackers

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