



Woodside Middle School Menu 2020

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October						
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	26	27	28	29	30	31

November						
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	26	27	28
29	30					

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Nachos (tortilla rounds w/ beef cheese dip & salsa) Chicken Salad Croissant Cheesy Refried Beans Fresh Grape Tomatoes Applesauce	Chicken Nuggets Turkey & Cheese Sandwich Steamed Green Bean, Carrot, & Corn Medley Fresh Broccoli Florets Fresh Seedless Grapes	No School - Drive Through Closed	Nachos (tortilla rounds w/ beef cheese dip & salsa) Chicken Salad Croissant Cheesy Refried Beans Fresh Grape Tomatoes Applesauce	Chicken Nuggets Turkey & Cheese Sandwich Steamed Green Bean, Carrot, & Corn Medley Fresh Broccoli Florets Fresh Seedless Grapes
Week 2	Fiesta Beef Tators w/ Shredded Lettuce Ritz Crackers w/ PB Refried Beans Fresh Baby Carrots Chilled Peaches	BBQ Chicken Rocken Casear Salad Seasoned Corn Seasoned Green Beans Applesauce	School Closed for Cleaning - See Drive Through Menu for details	Fiesta Beef Tators w/ Shredded Lettuce Ritz Crackers w/ PB Refried Beans Fresh Baby Carrots Chilled Peaches	BBQ Chicken Rocken Casear Salad Seasoned Corn Seasoned Green Beans Applesauce
Week 3	Mozzarella Sticks Bento Box w/ turkey, cheese cubes, & WG wheat thins Steamed Corn Fresh Celery Sticks Applesauce	Teriyaki Chicken over Rice Pizza Munchable Steamed Stir Fry Vegetables Fresh Baby Carrots Fresh Banana	School Closed for Cleaning - See Drive Through Menu for details	Mozzarella Sticks Bento Box w/ turkey, cheese cubes, & WG wheat thins Steamed Corn Fresh Celery Sticks Applesauce	Teriyaki Chicken over Rice Pizza Munchable Steamed Stir Fry Vegetables Fresh Baby Carrots Fresh Banana
Week 4	Chili Hotdog on WG Bun Combo Meat Sandwich Steamed Broccoli Green Pea Salad Mixed Fruit Cocktail	Meatloaf Chicken Bacon Ranch Wrap Mashed Potatoes Cooked Carrots Diced Pears Sidekick Slushie	School Closed for Cleaning - See Drive Through Menu for details	Chili Hotdog on WG Bun Combo Meat Sandwich Steamed Broccoli Green Pea Salad Mixed Fruit Cocktail	Meatloaf Chicken Bacon Ranch Wrap Mashed Potatoes Cooked Carrots Diced Pears Sidekick Slushie

The 5 Components of a School Lunch



Choose all 5 for the best nutrition!

Offer Vs. Serve

Choose **1/2 cup fruit**,
or **1/2 cup vegetable**,
or 1/2 cup **combination**
and **at least 2 other**
components.

This institution is an equal opportunity provider

Menus are subject to change due to availability of items