



Dec 2025						
Su	M	T	W	T	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			

Jan 2026						
Su	M	T	W	T	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

Feb 2026						
Su	M	T	W	T	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

Managers Choice

## Woodside Lunch Winter

	Monday	Tuesday	Wednesday	Thursday
Week 1	Mike Bites Plain or Spicy w/ Marinara Steamed Corn Grape Tomatoes Mandarin Oranges	Crispy Chicken on WG Bun French Fries Celery Stick Diced Peaches	Cavatelli w/ Dinner Roll Broccoli Romaine Salad w/ Ranch Froot Joose Mango	Stuff Crust Pizza Cheese or Pepperoni Pork and Beans Mixed Fresh Veggies Mixed Fruit
Week 2	Chicken Tenders Plain Or Spicy Mashed Potatoes w/ Gravy Grape Tomatoes Diced Pears	Mini Corn Dogs Baked Beans Baby Carrots Strawberry Cup	Chicken Alfredo w/ Dinner Roll Steamed Broccoli Caesar Salad Sliced Pears	Pizza Quesadilla Potato Smiles Mixed Fresh Veggies Orange Burst Raisels
Week 3	Crispitos Fiesta Beans Zucchini & Squash Apricots	Loaded Mashed Potato Bowl w/ Dinner Roll Steamed Corn Grape Tomatoes Apple Slices	Orange Chicken w/ Fried Rice Steamed Cauliflower Broccoli Applesauce Cup	Max Pizza Cheese or Sausage Green Beans Mixed Fresh Veggies Black CherryMoji

**Alternate Entrées :** Pre-packaged reimbursable variety of salads, wraps, sandwiches, PBJ Combo/ String cheese, and bento boxes are offered daily.

Choice of non-fat white, non-fat chocolate milk and water offered daily.

Whole fresh fruit offered daily in addition to the menued fruit. All whole grain products.

### Questions or Concerns?

Contact Eric at [greeneric@saydel.net](mailto:greeneric@saydel.net)

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### The 5 Components of a School Lunch



meat/meat  
alternate



grain



milk

#### Offer Vs. Serve

Choose  $\frac{1}{2}$  cup fruit,  
or  $\frac{1}{2}$  cup vegetable,  
or  $\frac{1}{2}$  cup combination,  
and at least 2 other  
components.



fruit



vegetable

Choose all 5 for the best nutrition!

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 Managers Choice

### Woodside Alternative Lunch

Week 1	Week 2	Week 3
<b>Turkey BLT Salad</b>	<b>Rockin' Chicken Caesar Salad</b>	<b>Spicy Chicken Chef Salad</b>
<b>Italian Combo Sub</b>	<b>Buffalo Chicken Wrap</b>	<b>Egg Bento Box -</b> Hard Boiled Egg, Cheese Cubes Crave Crackers & Veggies
<b>PB&amp;J with String Cheese and WG Goldfish Crackers</b>	<b>PB&amp;J with String Cheese and WG Goldfish Crackers</b>	<b>PB&amp;J with String Cheese and WG Goldfish Crackers</b>

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