

Woodside Intermediate School

MONDAY
VARIETY OF COLD CEREAL

TUESDAY
BLUEBERRY MUFFIN

WEDNESDAY
WG BREAKFAST BUN

THURSDAY
CHOCOLATE CHIP MUFFIN

FRIDAY
BANANA BREAD

BREAKFAST TIME

Breakfast is served as a "meal" and includes:
Choice of milk, fruit, yogurt or cheese stick. Ala Carte selections
are not available.

Cold Cereal is offered everyday as an alternate.

Menu subject to change



- 2023 - MARCH

MONDAY

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Choice of milk served with each meal: chocolate, white, strawberry, fat free, 1% low fat white & lactose free. Fresh and canned fruit is available daily. All bread and pastas are either whole grain or whole wheat.

Lunch is free to all students.

Alternate Daily Lunch Options:
Assorted sandwiches- Ham, Turkey or Tuna

Bagel & Yogurt Plate

Due to the ongoing COVID-19 pandemic, we are anticipating unprecedented challenges in supply chains with our vendors. Although we will do our best not to make substitutions, all menus are subject to change due to product shortages.

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

6
Chicken Tenders
Oven potatoes
Steamed corn
Fruit choice

7
Hot dog on WG roll
Curly fries
Baked Beans
Fruit Choice

1 **Early Release**
Stuffed Bread with Italian Cheeses and garlic
Marinara sauce
Steamed broccoli
Egg noodles
Fruit choice

2
Nacho plate
Meat and cheese
Tortilla chips
Salsa, sour cream
Black Bean and Corn
Fiesta
Fruit choice

3
Cheese pizza
Carrots & celery sticks
Hummus
Garden salad
Fruit choice or raisins

13
WG chicken nuggets
Mashed potatoes
WG roll
Steamed corn
Fruit choice

14
Cheeseburger on WG grain roll
Baked beans
Oven potatoes
Fruit choice

8 **Half Day**
Egg and Cheese on a Croissant
Sunset Sip
Vegetable juice
Fruit choice

9
Penne w/ meat sauce
Salad
Dinner roll
Green beans
Fruit choice

10
Cheese pizza
Carrots & celery sticks
Hummus
Garden salad
Fruit choice or raisins

15 **Half Day**
WG mozzarella sticks
W/ Marinara sauce
Crisp romaine salad
Steamed Broccoli
Egg noodles
Fruit choice

16 **Half Day**
WG mini waffles w/syrup
Hash brown patty
Sunset Sip
Vegetable juice
Chicken sausage
Fruit choice

17
Cheese pizza
Carrots & celery sticks
Hummus
Garden salad
Fruit choice or raisins

20
WG popcorn chicken
Mashed potatoes
Dinner roll
Steamed Corn
Fruit choice

21
Toasted cheese sandwich
Tomato Soup
Goldfish Crackers
Garden Salad
Fruit Choice

22 **Early Release**
Penne w/ meat sauce
Salad
Dinner roll
Green beans
Fruit Choice

23
French toast sticks w/ syrup
Chicken sausage
Sunset Sip
Vegetable juice
Hash brown patty
Fruit choice

24
Cheese pizza
Carrots & celery sticks
Hummus
Garden salad
Fruit choice or raisins

27
Chicken Patty on WG roll
Oven potatoes
Steamed carrots
Fruit choice

28
WG mini pancakes w/syrup
Hash brown patty
Sunset Sip
Vegetable juice
Chicken sausage
Fruit choice

29 **Early Release**
Macaroni and Cheese
Crisp romaine salad
Steamed Broccoli
Corn bread
Fruit choice

30
Nacho plate
Meat and cheese
Tortilla chips
Salsa, sour cream
Black Bean and Corn
Fiesta
Fruit choice

31
Cheese pizza
Carrots & celery sticks
Hummus
Garden salad
Fruit choice or raisins