


WOODCREST ELEMENTARY GRADES PreK-6

May/June 2019 BREAKFAST /LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5/13 Grape-Filled Crescent Roll (35g)	5/14 Cinnamon French Toast (37g)	5/15 Confetti Pancakes (36g)	5/16 Blueberry Waffles (36g)	5/17 Strawberry Pancakes (40g)
5/20 Sweet Potato Swirl Roll (33g)	5/21 Maple Pancakes (38g)	5/22 Mini Cinnis (39g)	5/23 Beef Sausage on Bun (20g) D	5/24 Bagels with Strawberry Creamy Cheese (41g)
5/27 Memorial Day No School 	5/28 Cinnamon French Toast (37g)	5/29 Confetti Pancakes (36g)	5/30 Cook's Choice	5/31 Cook's Choice
6/3 Sweet Potato Swirl Roll (33g)	6/4 Maple Pancakes (38g)	6/5 Mini Cinnis (39g)	6/6 No School	6/6 No School

CHOOSE 1 MAIN ENTRÉE OR CHOOSE 2 OF THESE AT BREAKFAST:

Assorted Cereal (20-26g) or Graham Cracker (19g)
or Yogurt (15g) or Cheese Stick (1g)

Orange juice (14g) and apple juice (14g) are offered at breakfast. Fresh fruits and a choice of 1% low fat white milk (13g), or skim chocolate milk (24g) are offered at breakfast/lunch. Vegetables offered daily and legumes weekly at lunch.

A complete breakfast and lunch are FREE to every student!!

Revised 5/30/2019

Grams of carbohydrate for each food are listed as (g).

*Sliced wheat bread (12g) offered with entree.

D Dairy-free entrée

<> Plant-based entrée

VEGGIE POWERED MEALS EVERY MONDAY!




Pork, seafood, and nut-containing products are not offered.

Menu is subject to change.

This institution is an equal opportunity provider.



LUNCH

5/13 Cook's Choice <> Veggie Burger with Cheese on Bun (40g) <> *2 Peeps {hard-boiled eggs} (2g) <> D	5/14 *Chicken Drumstick (5g) D Cheese Pizza (30g) <> *Chicken Fajita and Cheese Wrap (15g) Baked Beans (30g) <>	5/15 BBQ Beef Rib on Bun (43g) Turkey Hot Dog on Bun (26g) D for K-6 ONLY WOW Soy Butter & Jelly Sandwich (55g) <> Corn (17g)	5/16 *Walking Taco (27g) Cheesy Bread Sticks (27g) with Marinara Sauce (4g) <> *2 Peeps {hard-boiled eggs} (2g) <> D	5/17 Chicken Patty on Bun (29g) D Cheese & Bean Enchilada (42g) <> WOW Soy Butter & Jelly Sandwich (55g) <>
5/20 *Dynamite Dippers (25g) <> D Toasted Cheese Sandwich (24g) <> Sun Butter (14g) & Jelly (9g) & Bagel (26g) <> D Potato Wedges (14g)	5/21 Cheeseburger Meatloaf on Bun (28g) Turkey Hot Dog on Bun (26g) D for K-6 ONLY *Yogurt with Granola & Cheese Stick (30-34 g) <>	5/22  Ohio Day Beef & Bean Burrito (45g) D Cheese Pizza (30g) <> *2 Peeps {hard-boiled eggs} (2g) <> D  Ohio Day Asparagus (4g)	5/23 Hamburger/Bun (20g) D Pepperoni Pizza (30g) *Garden Salad with Egg & Cheese (4g) <> Baked Beans (30g) <>	5/24 Chicken Soft Taco (27g) *Salisbury Steak/Gravy (6g) and Potato (18g) Sun Butter & Jelly & Bagel (49g) <> D Mixed Veggies - carrot, pea, green bean & corn (9g)
5/27 Memorial Day No School 	5/28 *Chicken Drumstick (5g) D Cheese Pizza (30g) <> *Chicken Fajita and Cheese Wrap (15g) Baked Beans (30g) <>	5/29 BBQ Beef Rib on Bun (43g) Turkey Hot Dog on Bun (26g) D for K-6 ONLY WOW Soy Butter & Jelly Sandwich (55g) <> Corn (17g)	5/30 Assorted Sandwiches (24-55g) with Picnic Cold Pack	5/31 Assorted Sandwiches (24-55g) with Picnic Cold Pack
6/3 *Dynamite Dippers (25g) <> D Toasted Cheese Sandwich (24g) <> Sun Butter (14g) & Jelly (9g) & Bagel (26g) <> D Potato Wedges (14g)	6/4 Cheeseburger Meatloaf on Bun (28g) Turkey Hot Dog on Bun (26g) D for K-6 ONLY *Yogurt with Granola & Cheese Stick (30-34 g) <>	6/5 Assorted Sandwiches (24-55g) with Picnic Cold Pack	6/6 No School	6/7 No School

