

**WOODCREST ELEMENTARY SCHOOL
July/August 2019 MENU**

Lean & Green MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST				
		7/24 Confetti Pancakes (36g)	7/25 Blueberry Waffles (36g)	7/26 Strawberry Pancakes (40g)
7/29 Sweet Potato Swirl Roll (33g)	7/30 Maple Pancakes (38g)	7/31 Mini Cinnis (39g)	8/1 Turkey Sausage Pancake Wrap (17g) Ⓓ	8/2 Bagels with Strawberry Creamy Cheese (41g)
8/5 Grape-Filled Crescent Roll (35g)	8/6 Cinnamon French Toast (37g)	8/7 Confetti Pancakes (36g)	8/8 Blueberry Waffles (36g)	8/9 Strawberry Pancakes (40g)
8/12 Sweet Potato Swirl Roll (33g)	8/13 Maple Pancakes (38g)	8/14 Mini Cinnis (39g)	8/15 Turkey Sausage Pancake Wrap (17g) Ⓓ	8/16 Bagels with Strawberry Creamy Cheese (41g)
8/19 Grape-Filled Crescent Roll (35g)	8/20 Blueberry Waffles (36g)	8/21 Confetti Pancakes (36g)	8/22 Cinnamon French Toast (37g)	8/23 NO SCHOOL
<p><u>CHOOSE 1 MAIN ENTRÉE OR CHOOSE 2 OF THESE AT BREAKFAST:</u></p> <p>Assorted Cereal (20-26g) or Graham Cracker (19g) or Yogurt (14g) or Cheese Stick (1g)</p> <p>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.</p> <p><u>A complete breakfast and lunch are FREE to every student!!</u></p> <p>Revised 7/15/2019</p>		<p>Grams of carbohydrate for each food are listed as (g).</p> <p>*Sliced wheat bread (12g) offered with entree.</p> <p>Ⓓ Dairy-free entrée <> Plant-based entrée</p> <p>VEGGIE POWERED MEALS EVERY MONDAY!</p> <p>Pork, seafood, and nut-containing products are not offered.</p> <p>Menu is subject to change.</p> <p>This institution is an equal opportunity provider.</p>		



WOODCREST ELEMENTARY SCHOOL
July/August 2019 MENU

Lean & Green MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH				
		7/24 BBQ Beef Rib on Bun (43g) Turkey Hot Dog on Bun (26g) D for <u>K-6 ONLY</u> WOW Soy Butter & Jelly Sandwich (55g) $\langle \rangle$ Corn (17g)	7/25 *Walking Taco (27g) Cheesy Bread Sticks (27g) with Marinara Sauce (4g) $\langle \rangle$ *2 Peeps {hard-boiled eggs} (2g) $\langle \rangle$ D	7/26 Chicken Patty on Bun (29g) D Cheese & Bean Enchilada (42g) $\langle \rangle$ WOW Soy Butter & Jelly Sandwich (55g) $\langle \rangle$
7/29 *Dynamite Dippers (25g) $\langle \rangle$ D Toasted Cheese Sandwich (24g) $\langle \rangle$ Sun Butter (14g) & Jelly (9g) & Bagel (26g) $\langle \rangle$ D Potato Wedges (14g)	7/30 Cheeseburger Meatloaf on Bun (28g) Turkey Hot Dog on Bun (26g) D for <u>K-6 ONLY</u> *Yogurt with Granola & Cheese Stick (30-34g) $\langle \rangle$	7/31 *Chicken Nuggets (13g) D Cheese Pizza (30g) $\langle \rangle$ *Turkey Ham & Cheese with Tortilla Strips (25g)	8/1 Hamburger/Bun (20g) D Pepperoni Pizza (30g) *Garden Salad with Egg & Cheese (4g) $\langle \rangle$ Baked Beans (30g) $\langle \rangle$	8/2 Chicken Soft Taco (27g) *Salisbury Steak/Gravy (6g) and Potato (18g) Sun Butter & Jelly & Bagel (49g) $\langle \rangle$ D Mixed Veggies -carrot, pea, green bean & corn (9g)
8/5 *Chili with Cheese (19g) and Cornbread (23g) $\langle \rangle$ Veggie Burger with Cheese on Bun (40g) $\langle \rangle$ *2 Peeps {hard-boiled eggs} (2g) $\langle \rangle$ D	8/6 *Chicken Drumstick (5g) D Cheese Pizza (30g) $\langle \rangle$ *Chicken Fajita and Cheese Wrap (15g) Baked Beans (30g) $\langle \rangle$	8/7 BBQ Beef Rib on Bun (43g) Turkey Hot Dog on Bun (26g) D for <u>K-6 ONLY</u> WOW Soy Butter & Jelly Sandwich (55g) $\langle \rangle$ Corn (17g)	8/8 *Walking Taco (27g) Cheesy Bread Sticks (27g) with Marinara Sauce (4g) $\langle \rangle$ *2 Peeps {hard-boiled eggs} (2g) $\langle \rangle$ D	8/9 Chicken Patty on Bun (29g) D Cheese & Bean Enchilada (42g) $\langle \rangle$ WOW Soy Butter & Jelly Sandwich (55g) $\langle \rangle$
8/12 *Dynamite Dippers (25g) $\langle \rangle$ D Toasted Cheese Sandwich (24g) $\langle \rangle$ Sun Butter (14g) & Jelly (9g) & Bagel (26g) $\langle \rangle$ D Potato Wedges (14g)	8/13 Cheeseburger Meatloaf on Bun (28g) Turkey Hot Dog on Bun (26g) D for <u>K-6 ONLY</u> *Yogurt with Granola & Cheese Stick (30-34g) $\langle \rangle$	8/14 *Chicken Nuggets (13g) D Cheese Pizza (30g) $\langle \rangle$ *Turkey Ham & Cheese with Tortilla Strips (25g)	8/15 Hamburger/Bun (20g) D Pepperoni Pizza (30g) *Garden Salad with Egg & Cheese (4g) $\langle \rangle$ Baked Beans (30g) $\langle \rangle$	8/16 Chicken Soft Taco (27g) *Salisbury Steak/Gravy (6g) and Potato (18g) Sun Butter & Jelly & Bagel (49g) $\langle \rangle$ D Mixed Veggies -carrot, pea, green bean & corn (9g)
8/19 *Chili with Cheese (19g) and Cornbread (23g) $\langle \rangle$ Veggie Burger with Cheese on Bun (40g) $\langle \rangle$ *2 Peeps {hard-boiled eggs} (2g) $\langle \rangle$ D	8/20 *Chicken Drumstick (5g) D Cheese Pizza (30g) $\langle \rangle$ *Chicken Fajita and Cheese Wrap (15g) Baked Beans (30g) $\langle \rangle$	8/21 BBQ Beef Rib on Bun (43g) Turkey Hot Dog on Bun (26g) D for <u>K-6 ONLY</u> WOW Soy Butter & Jelly Sandwich (55g) $\langle \rangle$ Corn (17g)	8/22 Hamburger/Bun (20g) D Pepperoni Pizza (30g) Garden Salad with Egg & Cheese (4g) & *Bread (12g) $\langle \rangle$	8/23 NO SCHOOL

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

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

D Dairy-free entrée

$\langle \rangle$ Plant-based entrée

VEGGIE POWERED MEALS EVERY MONDAY!

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

Menu is subject to change. Revised 8/14/2019



This institution is an equal opportunity provider.