




## WOODCREST MENU MAY/JUNE 2022

w k 1	MONDAY 5/23	TUESDAY 5/24	LEAN AND GREEN WEDNESDAY 5/25	THURSDAY 5/26	FRIDAY 5/27
<b>B</b>	Chicken Sausage on Maple Pancake (17g)	Bagel (26g) & Jelly (9g)	Snack'n Waffle (37g)	Apple Muffin (27g)	Chicken Sausage on Maple Waffle (15g)
<b>L u n c h</b>	Chicken Nuggets (13g) & Bread (12g) <> Đ Cheese Pizza (28g) <> Turkey & Cheese Sticks with Tortilla Strips (24g) & Bread (12g)	Turkey Hot Dog on Bun (21g) Đ for K-6 ONLY Turkey and Cheese on Bun (27g) WOW Soy Butter & Jelly Sandwich (55g) <>	Cheese & Bean Burrito (40g) <> Macaroni and Cheese (32g) & Bread (12g) <> 2 Peeps (hard-boiled eggs 2g) & Bread (12g) <> D	Walking Taco (25g) & Bread (12g) Toasted Cheese Sandwich (31g) <> Garden Salad with Egg & Cheese (5g) & Bread (12g) <> Baked Beans (30g)	Cheese Pizza (28g) <> Salisbury Steak/Gravy (6g) and Potato (18g) & Bread (12g) Sun Butter/Jelly & Bagel (49g) <> Đ Corn (14g)
w k 2	MONDAY 5/30	TUESDAY 5/31	LEAN AND GREEN WEDNESDAY 6/1	THURSDAY 6/2	FRIDAY 6/3
<b>B</b>		Blueberry Muffin (26g)	Cook's Choice	Egg, Turkey Sausage, and Cheese Uncrustable Big Bites (16g)	Blueberry Waffles (37g)
<b>L u n c h</b>	  <b>NO SCHOOL</b>	Cheese Pizza (28g) <> Turkey Hot Dog on Bun (21g) Đ for K-6 only WOW Soy Butter & Jelly Sandwich (55g) <> Baked Beans (30g)	Dynamite Dippers (25g) & Bread (12g) <> Đ Toasted Cheese Sandwich (31g) <> Sun Butter (14g) & Jelly (9g) & Bagel (26g) <> Đ Potato Wedges (16g)	Walking Taco (25g) & Bread (12g) Cheese Pizza (28g) <> 2 Peeps (hard-boiled eggs 2g) & Bread (12g) <> Đ	Chicken Patty on Bun (34g) Đ Cheese & Bean Burrito (40g) <> WOW Soy Butter & Jelly Sandwich (53g) <>
<p><b>CHOOSE 1 MAIN ENTRÉE OR CHOOSE 2 OF THESE AT BREAKFAST (B):</b> Assorted Cereal (20-25g) or Graham Cracker (19g) or Yogurt (12g) or Cheese Stick (1g) Apple juice and orange juice (14g) offered at breakfast. Students may have as much fresh fruit that they would like to eat. A choice of 1% low fat white milk (13g), or skim chocolate milk (24g) offered at breakfast/lunch. <b>A complete breakfast (B) and lunch are FREE to every student!!</b></p>			<p style="text-align: center;">Grams of carbohydrate for each food are listed as (g). Đ = Dairy-free entrée &lt;&gt; Vegetarian lunch daily including all lunches on Lean and Green Wednesdays Fresh fruits and vegetables, such as broccoli and carrots, offered at lunch daily. Pork, seafood, and nut-containing products are not served. Menu is subject to change. This institution is an equal opportunity provider, employer, and lender.</p> <p style="text-align: center;">Revised 5/20/2022</p>		



## WOODCREST MENU JUNE 2022

w k 1	MONDAY 6/6	TUESDAY 6/7	LEAN AND GREEN WEDNESDAY 6/8	THURSDAY 6/9	FRIDAY 6/10
<b>B</b>	Chicken Sausage on Maple Pancake (17g)	Bagel (26g) & Jelly (9g)	Corn Muffin (32g) with Jelly (9g)		
<b>L u n c h</b>	Chicken Nuggets (13g) & Bread (12g) <> Đ Cheese Pizza (28g) <> Turkey & Cheese Sticks with Tortilla Strips (24g) & Bread (12g)	Turkey Hot Dog on Bun (21g) Đ for K-6 ONLY Chicken over Noodles (22g) & Bread (12g) Đ Yogurt with Granola & Cheese Stick (28g) & Bread (12g) <>	WOW Sandwich (55g) with Picnic Cold Pack	<b>NO SCHOOL</b>	<b>NO SCHOOL ENJOY YOUR SUMMER!</b>
	<p><b><u>CHOOSE 1 MAIN ENTRÉE OR CHOOSE 2 OF THESE AT BREAKFAST (B):</u></b> Assorted Cereal (20-25g) or Graham Cracker (19g) Đ or Yogurt (12g) or Cheese Stick (1g)</p> <p>Apple juice and orange juice (14g) offered at breakfast. Students may have as much fresh fruit that they would like to eat. A choice of 1% low fat white milk (13g), or skim chocolate milk (24g) offered at breakfast/lunch.</p> <p><b><u>A complete breakfast (B) and lunch are FREE to every student!!</u></b></p>		<p style="text-align: center;">Grams of carbohydrate for each food are listed as (g). Đ = Dairy-free entrée &lt;&gt; Vegetarian lunch daily including all lunches on Lean and Green Wednesdays Fresh fruits and vegetables, such as broccoli and carrots, offered at lunch daily. Pork, seafood, and nut-containing products are not served. Menu is subject to change. This institution is an equal opportunity provider, employer, and lender.</p> <p style="text-align: right;">Revised 5/19/2022</p>		