



## WOODCREST ELEMENTARY MENU SY 2023-24






| w<br>k<br>1                      | MONDAY 9/18  | TUESDAY 9/19   | LEAN AND GREEN<br>WEDNESDAY 9/20   | THURSDAY 9/21<br>OHIO DAY  | FRIDAY 9/22   |
|----------------------------------|--|--|--|--|---|
| <b>B</b>                         | Mini Bagels with Cinnamon Creamy Cheese (42g)  | Chicken Sausage on Maple Waffle (15g)  |  | Cinnamon French Toast (37g)  | Maple Waffles (37g)   |
| <b>L<br/>u<br/>n<br/>c<br/>h</b> | Chicken Nuggets (13g) & Bread (12g) D<br>Cheese Pizza (29g) <><br>Turkey Sticks with Tortilla Strips (23g) & Bread (12g) D   | Turkey Hot Dog on Bun (21g) D for K-6 ONLY<br>Toasted Cheese Sandwich (31g) <><br>Buffalo Chicken and Cheese on Bun (30g)<br>Baked Beans (30g) | <b>NO STUDENTS</b>   | Macaroni and Cheese (32g) & Bread (12g) <><br>Hamburger/Bun (25g) D<br>Garden Salad with Egg & Cheese (5g) & Bread (12g) <><br>Zucchini (1g)   | Toasted Cheese Sandwich (31g) <><br>Rotini with Meat Sauce (24g) & Bread (12g) D<br>Rotisserie Chicken and Cheese on Bun (31g)                  |
| w<br>k<br>2                      | MONDAY 9/25  | TUESDAY 9/26   | LEAN AND GREEN<br>WEDNESDAY 9/27   | THURSDAY 9/28  | FRIDAY 9/29   |
| <b>B</b>                         | Mini Bagels Strawberry Creamy Cheese (42g)   | Triple Berry French Toast (36g)  | Mini Cinnis (39g)  | Breakfast Pizza with Beef and Red Sauce (17g)  | Blueberry Waffles (37g)   |
| <b>L<br/>u<br/>n<br/>c<br/>h</b> | Chicken Drumstick (5g) & Bread (12g) D<br>Turkey Sausage/Eggoji Waffle (31g)<br>2 Peeps {hard-boiled eggs 2g} & Bread (12g)<br><> D  | Fiestada Sandwich (31g)<br>Impossible Burger on Bun (32g) <> D<br>Buffalo Chicken and Cheese on Bun (30g)<br>Green Beans (5g)                  | Dynomite Dippers (23g) & Bread (12g) <> D<br>Toasted Cheese Sandwich (31g) <><br>Yogurt (12g)/Cheese Stick (1g) & Granola (15g) & Bread (12g) <> | Walking Taco (25g) & Bread (12g)<br>Cheese-Pizza (29g)-<><br>Turkey Sticks with Tortilla Strips (23g) & Bread (12g) D<br>Corn (14g)  | Chicken Patty on Bun (34g) D<br>Beef Cheeseburger (27g)<br>Cheese Cup (13g) and Cheese Stick (1g) & Pretzel Bites (25g) <><br>Baked Beans (30g) |
|                                  | <p><b>CHOOSE 1 MAIN ENTRÉE OR CHOOSE 2 OF THESE AT BREAKFAST (B):</b><br/>Assorted Cereal (20-25g) or Granola (15g) or Graham Cracker (19g) or Yogurt (14g) or Cheese Stick (1g)<br/>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 (12g), or skim chocolate milk (24g) offered at breakfast/lunch.<br/><u>A complete breakfast and lunch are FREE to every student!!</u></p> |  |  | <p>Grams of carbohydrate for each food are listed as (g).<br/>D Dairy-free entrée<br/>&lt;&gt; Vegetarian lunch daily including all lunches on Lean and Green Wednesdays<br/>Fresh fruits and vegetables, such as broccoli and carrots, offered at lunch daily.<br/>Pork, seafood, and nut-containing products are not offered.<br/>Menu is subject to change.<br/>This institution is an equal opportunity provider.<br/><br/>Revised 8/21/2023</p> |   |



**COLUMBUS  
CITY SCHOOLS**

**WOODCREST ELEMENTARY MENU  
SY 2023-24**



| w<br>k<br>1           | MONDAY 10/2  | TUESDAY 10/3<br> OHIO DAY  | LEAN AND GREEN<br>WEDNESDAY 10/4   | THURSDAY 10/5   | FRIDAY 10/6  |
|-----------------------|--|---|--|---|--|
| B                     | Mini Bagels with Cinnamon Creamy Cheese (42g)  | Chicken Sausage on Maple Waffle (15g)   |  | Cinnamon French Toast (37g)   | Maple Waffles (37g)  |
| L<br>u<br>n<br>c<br>h | Chicken Nuggets (13g) & Bread (12g) Đ<br>Cheese Pizza (29g) <><br>Turkey Sticks with Tortilla Strips (23g) & Bread (12g) Đ   |  Sloppy Joe on Bun (36g) Đ<br>Toasted Cheese Sandwich (31g) <><br>Buffalo Chicken and Cheese on Bun (30g)<br> Pepper & Onion (2g) | <b>NO STUDENTS</b>   | Hamburger/Bun (25g) Đ<br>Pepperoni Pizza (29g)<br>Garden Salad with Egg & Cheese (5g) & Bread (12g) <><br>Baked Beans (30g) | Toasted Cheese Sandwich (31g) <><br>Rotini with Meat Sauce (24g) & Bread (12g) Đ<br>Rotisserie Chicken and Cheese on Bun (31g) |
| w<br>k<br>2           | MONDAY 10/9  | TUESDAY 10/10   | LEAN AND GREEN<br>WEDNESDAY 10/11  | THURSDAY 10/12  | FRIDAY 10/13   |
| B                     |  |   |  |   |  |
| L<br>u<br>n<br>c<br>h | <b>NO SCHOOL</b>   | <b>NO SCHOOL</b>  | <b>NO SCHOOL</b>   | <b>NO SCHOOL</b>  | <b>NO SCHOOL</b>   |
|                       | <p><b>CHOOSE 1 MAIN ENTRÉE OR CHOOSE 2 OF THESE AT BREAKFAST (B):</b><br/>Assorted Cereal (20-25g) or Granola (15g) or Graham Cracker (19g) or Yogurt (14g) or Cheese Stick (1g)<br/>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 (12g), or skim chocolate milk (24g) offered at breakfast/lunch.<br/><u>A complete breakfast and lunch are FREE to every student!!</u></p> |   | <p>Grams of carbohydrate for each food are listed as (g).<br/>Đ Dairy-free entrée<br/>&lt;&gt; Vegetarian lunch daily including all lunches on Lean and Green Wednesdays<br/>Fresh fruits and vegetables, such as broccoli and carrots, offered at lunch daily.<br/>Pork, seafood, and nut-containing products are not offered.<br/>Menu is subject to change.<br/>This institution is an equal opportunity provider.</p> <p>Revised 8/21/2023</p> |   |  |