



## WOODCREST ELEMENTARY GRADES PreK-6

### January/February 2019 BREAKFAST /LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1/7 <b>NO SCHOOL</b>	1/8 <b>NO SCHOOL</b>	1/9 <b>NO SCHOOL</b>	1/10 <b>NO SCHOOL</b>	1/11 <b>NO SCHOOL</b>
1/14 Grape-Filled Crescent Roll (35g)	1/15 Cinnamon French Toast (37g)	1/16 <b>NO SCHOOL</b>	1/17 Blueberry Waffles (36g)	1/18 Strawberry Pancakes (40g)
1/21 <b>MLK, JR. DAY</b> <b>NO SCHOOL</b>	1/22 Maple Pancakes (38g)	1/23 Mini Cinnis (39g)	1/24 Turkey Sausage Pancake Wrap (17g) †	1/25 Bagels with Strawberry Creamy Cheese (41g)
1/28 Grape-Filled Crescent Roll (35g)	1/29 Cinnamon French Toast (37g)	1/30 Confetti Pancakes (36g)	1/31 Blueberry Waffles (36g)	2/1 Strawberry Pancakes (40g)
<p><b>CHOOSE 1 MAIN ENTRÉE OR CHOOSE 2 OF THESE AT BREAKFAST:</b>            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.  <b>A complete breakfast and lunch are FREE to every student!!</b>            Revised 1/18/2019</p>			<p>Grams of carbohydrate for each food are listed as (g).            *Sliced wheat bread (12g) offered with entree.            † Dairy-free entrée            &lt;&gt; Plant-based entrée  <b>VEGGIE POWERED MEALS EVERY MONDAY!</b>            Pork, seafood, and nut-containing products are not offered.            Menu is subject to change.            This institution is an equal opportunity provider.</p> 	
<b>LUNCH</b>				
1/7 <b>NO SCHOOL</b>	1/8 <b>NO SCHOOL</b>	1/9 <b>NO SCHOOL</b>	1/10 <b>NO SCHOOL</b>	1/11 <b>NO SCHOOL</b>
1/14 *Chili with Cheese (19g) and Cornbread (23g)<> Veggie Burger with Cheese on Bun (40g) <> *2 Peeps {hard boiled eggs} (2g) <> † Potato Wedges (14g)	1/15 *Chicken Drumstick (5g) † Cheese Pizza (26g) <> *Chicken Fajita and Cheese Wrap (15g) Baked Beans (30g) <>	1/16 <b>NO SCHOOL</b>	1/17  * Ohio Day Turkey/Gravy (2g) Cheesy Bread Sticks (27g) with Marinara Sauce (4g) <> *2 Peeps {hard boiled eggs} (2g) <> †	1/18 Chicken Patty on Bun (29g) † Cheese & Bean Enchilada (42g) <> WOW Soy Butter & Jelly Sandwich (55g) <>
1/21 <b>MARTIN LUTHER KING, JR. DAY</b> <b>NO SCHOOL</b>	1/22 Cheeseburger Meatloaf on Bun (28g) Turkey Hot Dog on Bun (26g) † for <b>K-6 ONLY</b> *Yogurt with Granola & Cheese Stick (30-34g) <>	1/23 *Chicken Nuggets (13g) † Cheese Pizza (26g) <> *Chicken Fajita and Cheese Wrap (15g)	1/24 Hamburger/Bun (20g) † Pepperoni Pizza (26g) *Garden Salad with Egg & Cheese (4g) <> Baked Beans (30g) <>	1/25 Chicken Soft Taco (27g) *Salisbury Steak/Gravy (6g) and Potato (18g) Sun Butter & Jelly Bagel (49g) <> † Corn (17g)
1/28 *Chili with Cheese (19g) and Cornbread (23g)<> Veggie Burger with Cheese on Bun (40g) <> *2 Peeps {hard boiled eggs} (2g) <> † Potato Wedges (14g)	1/29 *Chicken Drumstick (5g) † Cheese Pizza (26g) <> *Chicken Fajita and Cheese Wrap (15g) Baked Beans (30g) <>	1/30 BBQ Beef Rib on Bun (43g) Turkey Hot Dog on Bun (26g) † for <b>K-6 ONLY</b> Mixed Veggies -carrot, pea, green bean & corn (9g) WOW Soy Butter & Jelly Sandwich (55g) <>	1/31 *Walking Taco (27g) Cheesy Bread Sticks (27g) with Marinara Sauce (4g) <> *2 Peeps {hard boiled eggs} (2g) <> †	2/1 Chicken Patty on Bun (29g) † Cheese & Bean Enchilada (42g) <> WOW Soy Butter & Jelly Sandwich (55g) <>