



# WOODLAND HILLS Jr. HIGH BREAKFAST & LUNCH MENU January 2012



## Breakfast Menu

### Monday

Super Bun

### Tuesday

French Toast Sticks  
w/Sausage Link

### Wednesday

Breakfast Hot Pocket

### Thursday

Warm Whole Grain  
Fruit Turnover

### Friday

Sausage & Cheese  
on an Bun

## Daily Breakfast










### Choices:

~Assorted Whole Grain  
Cereal w/ Toast Or Graham  
Crackers ~ Variety of Whole  
Grain Muffins  
100% Fruit Juice &  
Low Fat Milk Served Daily

**Available Daily at Lunch:  
Fresh Fruit and  
Vegetable Varieties**

**Milk choices: Skim,  
1% White and Flavored**

**Food Service Director  
Ardela DiBernardo  
Asst. Leah McGhee  
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<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<p style="text-align: center;">2</p> <p style="text-align: center;"><b>No School</b> Holiday Break</p> 	<p style="text-align: center;">3</p> <p>Chicken Strips w/ Dinner Roll Mixed Vegetables Cherry Applesauce Variety of Fresh Fruit &amp; Fresh Vegetables</p>	<p style="text-align: center;">4</p> <p>Penne w/ Pasta Sauce, Meatballs, &amp; Garlic Toast Fresh Garden Salad Diced Pears Variety of Fresh Fruit &amp; Fresh Vegetables</p>	<p style="text-align: center;">5</p> <p>Chili Cheese Dogs on a bun Baked Fries Mixed Fruit Variety of Fresh Fruits &amp; Fresh Vegetables</p>	<p style="text-align: center;">6</p> <p>BBQ Grilled Chicken on a Bun Carrot Coins Pineapple Tid Bits Variety of Fresh Fruit &amp; Fresh Vegetables</p>
<p style="text-align: center;">9</p> <p>Popcorn Chicken w/ Dinner Roll Mashed Potatoes Tasty Corn Mandarin Oranges Variety of Fresh Fruit &amp; Fresh Vegetables</p>	<p style="text-align: center;">10</p> <p>Nachos and Cheese w/ Beef and Dinner Roll Cheesy Broccoli Fruit Cocktail Variety of Fresh Fruit &amp; Fresh Vegetables</p>	<p style="text-align: center;">11</p> <p>Open Faced Turkey Sandwich Mashed Potatoes Sliced Pears Variety of Fresh Fruit &amp; Fresh Vegetables</p>	<p style="text-align: center;">12</p> <p>Mini Corn Dogs w/ Dinner Roll Green Beans Mixed Fruit Variety of Fresh Fruit &amp; Fresh Vegetables</p> 	<p style="text-align: center;">13</p> <p>Cheese Steak Hoagie Mixed Vegetables Sliced Peaches Variety of Fresh Fruit &amp; Fresh Vegetables</p> 
<p style="text-align: center;">16</p> <p style="text-align: center;"><b>No School</b> Martin Luther King Jr. Holiday</p> 	<p style="text-align: center;">17</p> <p>Creamy Chicken over Biscuit Mandarin Oranges Variety of Fresh Fruit &amp; Fresh Vegetables</p>	<p style="text-align: center;">18</p> <p>Grilled Cheese w/ Baked Fries Tomato Soup Fruit Cocktail Variety of Fresh Fruit &amp; Fresh Vegetables</p>	<p style="text-align: center;">19</p> <p>Chicken Nuggets w/ Dinner Roll Mashed Potatoes Cherry Applesauce Variety of Fresh Fruit &amp; Fresh Vegetables</p>	<p style="text-align: center;">20</p> <p>Tacos with Beef, Cheese, and Dinner Roll Broccoli Mixed Fruit Variety of Fresh Fruit &amp; Fresh Vegetables</p> 
<p style="text-align: center;">23</p> <p><b>*Breakfast for Lunch*</b> French Toast Sticks Sausage Links Hash Brown Warm Apples Variety of Fresh Fruit &amp; Fresh Vegetables</p>	<p style="text-align: center;">24</p> <p>Bacon Cheeseburger Baked Beans Corn Diced Pears Variety of Fresh Fruit &amp; Fresh Vegetables</p>	<p style="text-align: center;">25</p> <p>Pierogies Mixed Vegetables Sliced Peaches Variety of Fresh Fruit &amp; Fresh Vegetables</p> 	<p style="text-align: center;">26</p> <p>Macaroni and Cheese w/ Dinner Roll Broccoli Mixed Fruit Variety of Fresh Fruit &amp; Fresh Vegetables</p>	<p style="text-align: center;">27</p> <p>Meatball Hoagie Baked Fries Cherry Applesauce Variety of Fresh Fruit &amp; Fresh Vegetables</p> 
<p style="text-align: center;">30</p> <p>Ham BBQ on a Bun Tater Tots Pineapple Tid Bits Variety of Fresh Fruit &amp; Fresh Vegetables</p> 	<p style="text-align: center;">31</p> <p>Nachos and Cheese w/ Dinner Roll Broccoli Mixed Fruit Variety of Fresh Fruit &amp; Fresh Vegetables</p> 	<p><b>Choose whole grains!</b> Try making half your grain choices as whole grains. The Nutrition Group offers whole grain breakfast cereals, whole wheat bread &amp; buns.</p>	<p><b>Calcium helps you stay strong!</b> Calcium builds strong bones, teeth, &amp; makes muscles work. Try to consume 3 cups of high calcium foods a day such as low fat milk &amp; cheese, calcium fortified cereals, fruits &amp; vegetables.</p>	<p style="text-align: center;"><b>BREAKFAST</b> ADULT \$2.45 STUDENT \$1.40</p> <p style="text-align: center;"><b>LUNCH</b> ADULT \$3.85 STUDENT \$2.20</p>

## DAILY LUNCH CHOICES

### PIZZA

Plain  
Pepperoni  
Specialty

### HOT SANDWICHES

Cheeseburger  
Chicken Patty  
Specialty  
Sandwich

### BUILD YOUR OWN

Wraps  
Or  
Hoagies

### AVAILABLE AT THE SNACK BAR

Deli Sandwiches  
Or  
Salads

MENU SUBJECT  
TO CHANGE