



February 2010
Winter Recess February
15th-19th

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Lunch Price
\$2.15
Reduced \$4.40
Adult \$4.35
1-2-1=
School Lunch
1 entrée
Up to 2 sides
1 milk

Menu subject to change due to product availability.

All breads and rolls served are made with whole grain, or whole wheat flour.

Fresh made deli sandwiches including PB&J, PB & Fluff available every day as a lunch choice

February 5th
WES
Teacher Workshop
WJHS & WHS
Parent Contact Day

We are incorporating more whole grain and whole wheat products into the menu. Both our pizza sticks and pizza wedges are made with 1/3 rd whole wheat flour. Penne and Spaghetti are a 50-50 blend whole wheat and white pasta. Chicken patties are made with whole grain flour.

1
Choose 1
1/3 Whole Wheat cheese or pepperoni pizza sticks w/dipping sauce
Chef Salad
Choose 2
Tossed salad
Carrots and celery
Canned fruit in lite syrup
Fresh fruit
Day 2

2
Choose 1
Turkey and cheese, Tuna, or Meatball subs
Choose 2
Ruffles potato chips
Tossed salad
Carrots and celery
Canned fruit in lite syrup
Fresh fruit
Day 3

3
Choose 1
Whole grain penne` blend w/meat sauce and whole grain bread stick
Turkey and cheese wrap
Choose 2
Green Beans
Tossed salad
Carrots and celery
Canned fruit in lite syrup
Day 4

4
Choose 1
Whole Grain Chicken Patty Sandwich
Fish Sandwich
Choose 2
Pasta salad
Tossed salad
Carrots and celery
Canned fruit in lite syrup
Fresh fruit
Day 5

5
No School
WES
Teacher Workshop

Let's Go 5-2-1-0 Every Day For online payments/transaction history visit; www.mynutrikids.com

8
Choose 1
1/3 Whole Grain Stuffed Crust Cheese or Pepperoni Pizza
Egg o bagel
Choose 2
Tossed salad
Carrots and celery
Canned fruit in lite syrup
Fresh fruit
Day 6

9
Choose 1
Cheeseburger
Tuna salad
Choose 2
Mashed potato
Tossed salad
Carrots and celery
Canned fruit in lite syrup
Fresh fruit
Sliced strawberries
Day 1

10
Choose 1
Spaghetti & meat sauce w/whole grain bread stick
Ham and cheese wrap
Choose 2
Tossed salad
Carrots and celery
Canned fruit in lite syrup
Fresh fruit
Day 2

11
Choose 1
Toasted Cheese Sandwich w/tomato soup
BBQ Chicken Patty sandwich
Choose 2
Tossed salad
Carrots and celery
Canned fruit in lite syrup
Fresh fruit
Day 3

12
Choose 1
Chicken Nuggets w/mashed potato
Fish nuggets
Choose 2
Steamed broccoli
Tossed salad
Carrots and celery
Canned fruit in lite syrup
Fresh fruit
Day 4

Questions/suggestions about the lunch program can be directed to Tyler Goodwin Food Service Director WOCSD 646-7872 tgoodwin@wocsd.org

15
NO
School
Presidents Day

16
NO
School
Winter Recess

17
NO
School
Winter Recess

18
NO
School
Winter Recess

19
NO
School
Winter Recess

22
Choose 1
1/3 Whole Grain Stuffed Crust Cheese or Pepperoni Pizza
Turkey and cheese sub
Choose 2
Tossed salad
Carrots and celery
Canned fruit in lite syrup
Fresh fruit
Day 5

23
Choose 1
Oven fried chicken
Rib a que sandwich
Choose 2
Mashed Potatoes
Steamed corn
Tossed salad
Carrots and celery
Canned fruit in lite syrup
Fresh fruit
Raisins
Day 6

24
Choose 1
Macaroni and Cheese
Turkey and cheese bagel
Choose 2
Steamed green beans
Tossed salad
Carrots and celery
Canned fruit in lite syrup
Fresh fruit
Lucky Tray Day!!
Day 1

25
Choose 1
Sliced Turkey and Gravy
Rib a que sandwich
Choose 2
Baked potato
Steamed peas
Tossed salad
Carrots and celery
Canned fruit in lite syrup
Fresh fruit
Day 2

26
Choose 1
Chicken Fries w/rice blend
Fishwich melt sandwich
Choose 2
Tossed salad
Carrots and celery
Canned fruit in lite syrup
Fresh fruit
Shape up frozen juice bars
Day 3