

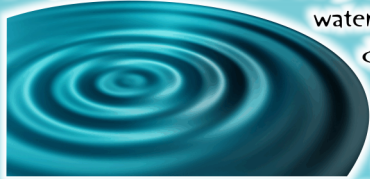
MENU FOR SEPTEMBER 2023

Woodland Joint Unified School District

This institution is an equal opportunity provider. Menus are subject to change.

RIPPLE EFFECT.

Water aids digestion, keeps your skin and other organs healthy, and helps regulate your body temperature. So what's the best way to give your body the water it needs? Easy. Drink fresh, pure water throughout the day, and try to make a habit of choosing water instead of soda.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!



Monday, September 4

LABOR DAY

NO SCHOOL!

Tuesday, September 5

Breakfast

Breakfast Bar
Cereal
Fruit Cup
Breakfast Garden Bar

Lunch

Crispy Chicken Sandwich
Veggie Wrap
French Fries
Garden Bar

Wednesday, September 6

Breakfast

Pancakes w/Bacon
Cereal
Juice
Breakfast Garden Bar

Lunch

Hamburger
Grilled Cheese Sandwich
Tator Tots
Garden Bar

Thursday, September 7

Breakfast

Bagel & Cream Cheese
Cereal
Pear Cup
Breakfast Choice Bar

Lunch

Beef & Cheese Nachos
Bean & Cheese Nachos
Salsa
Garden Bar

Friday, September 8

Breakfast

Homemade Cinnamon
Roll
Cereal
Breakfast Garden Bar

Lunch

Pepperoni or Cheese
Pizza
Garden Salad
Garden Bar

Garden Bar

Monday

Breakfast

Plums (HOM),
Chilled Mixed Fruit
Apple Juice

Lunch

Garden Salad, Carrots
w/Ranch
Kiwi, Chilled Peaches,
Strawberry Cup

Tuesday

Breakfast

Kiwi, Pineapple Bits
Chilled Pears, Juice

Lunch

Spinach Salad,
Sunflower Seeds,
Applesauce, Celery
Sticks w/ WOWButter,
Melon Chunks (HOM)

Wednesday

Breakfast

Bananas, Strawberries
(HOM), Dried Fruit,
Juice

Lunch

Garden Salad,
Sweet Peppers (HOM),
Chilled Pears, Zucchini
Coins (HOM), Bananas

Thursday

Breakfast

Mixed Fruit, Bananas,
Applesauce, Juice

Lunch

Garden Salad, Gar-
banzo Beans, Straw-
berries (HOM)
Apple Slices w/ WOW-
Butter, Fruit Cup

Friday

Breakfast

Fresh Fruit Choice
Chilled Mixed Fruit,
Juice

Lunch

Garden Salad, Broccoli
and Carrots, Chilled
Peaches, Jello, Fresh
Fruit Choice

HOM=
HARVEST OF
THE MONTH

Monday, September 11**Breakfast**

Buttermilk Bar
Cereal
Peach Cup
Breakfast Garden Bar

Lunch

Chicken Nuggets
Cheesy Pillows w/
Marinara
French Fries
Garden Bar

Tuesday, September 12**Breakfast**

Pancakes w/Bacon
Cereal
Juice
Breakfast Garden Bar

Lunch

Beef Soft Tacos
Cheese Quesadilla
Salsa
Garden Bar

Wednesday, September 13**Breakfast**

Breakfast Pizza
Cereal
Fruit Cup
Breakfast Garden Bar

Lunch

Hot Dog
WOWButter & Jelly
Sandwich
Baked Beans
Garden Bar

Thursday, September 14**Breakfast**

Waffles & Sausage
Cereal
Peach Cup
Breakfast Garden Bar

Lunch

Chicken Tenders
Veggie Burger
Potato Wedges
Garden Bar

Friday, September 15**Breakfast**

Ham & Egg Biscuit
Cereal
Peach Cup
Breakfast Garden Bar

Lunch

Grilled Ham & Cheese
Mozzarella Stuffed Sticks
Smooth Cherry Cup
Fruit
Garden Bar

**TENNESSEE**

"The Volunteer State"

Admitted to the Union June 1, 1796 as the 16th State
State Capital: Nashville

Monday, September 18**Breakfast**

Pop Tart & Yogurt
Cereal
Peach Cup
Breakfast Garden Bar

Lunch

Chicken Fajitas
Bean & Cheese Burrito
Salsa
Garden Bar

Tuesday, September 19**Breakfast**

Scrambled Eggs & Toast
Cereal
Juice
Breakfast Garden Bar

Lunch

Hamburger
Grilled Cheese Sandwich
French Fries
Garden Bar

Wednesday, September 20**Breakfast**

Breakfast Sandwich
Cereal
Applesauce Cup
Breakfast Garden Bar

Lunch

Chicken Sandwich
Veggie Sub Sandwich
Tator Tots
Garden Bar

Thursday, September 21**Breakfast**

Waffles & Sausage
Cereal
Peach Cup
Breakfast Garden Bar

Lunch

Spaghetti With a WG
Roll
With OR Without Meat
Peas
Garden Bar

Friday, September 22**Breakfast**

Homemade Cinnamon
Roll
Cereal
Breakfast Garden Bar

Lunch

Pepperoni or Cheese
Pizza
Garden Salad
Garden Bar

Monday, September 25**Breakfast**

Breakfast Burrito
Cereal
Fruit Cup
Breakfast Garden Bar

Lunch

Deli Sandwich
Cheesy Sticks w/
Marinara
Carrots
Garden Bar

Tuesday, September 26**Breakfast**

Pancake & Sausage on a
Stick
Cereal
Peach Cup
Juice

Lunch

Macaroni & Cheese
Corn Dog
Green Beans
Fruit

Wednesday, September 27**Breakfast**

Sausage & Egg Bagel
Cereal
Applesauce Cup
Breakfast Garden Bar

Lunch

Asian Chicken Bowl
Veggie Egg Roll
Broccoli Bites
Garden Bar

Thursday, September 28**Breakfast**

Buttermilk Bar
Cereal
Peach Cup
Breakfast Garden Bar

Lunch

Cheeseburger Sliders
WOW Butter & Jelly
Sandwich
French Fries
Garden Bar

Friday, September 29**Breakfast**

Breakfast Pizza
Cereal
Breakfast Garden Bar

Lunch

Popcorn Chicken
Cheese Sticks w/
Marinara
Green Salad
Garden Bar



September 19 is
"International Talk
Like a Pirate" Day

But EVERY DAY is
"Drink Your Milk" day!
And we've got you
covered with these
great milk selections
to choose from with all
complete meals:

**Nonfat
Chocolate
Lowfat
White**