

# WOODWARD CHILDREN'S CENTER - LUNCH MENU October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Tuna Sandwich Lettuce/Tomate WG Roll Corn on the Cobb Mandarin Slices Choice of Fat Free Milk	Meatball hero Tossed Salad Fresh Fruit Choice of Fat Free Milk	<b>Rosh Hashanah School Closed</b>	<b>Rosh Hashanah School Closed</b>
7	8	9	10	11
Chicken Patty Sweet Potato Fries Mix Veggies Fruit Cocktail Choice of Fat Free Milk	Turkey Burger with Baked fries Mix Veggies Pineapple Tidbits Choice of Fat Free Milk	Chili con Carne Tortilla Chips String Beans Peach slices Choice of Fat Free Milk	Chicken Teriyaki Patty Broccoli and Cauliflower Applesauce Choice of Fat Free Milk	English Muffin Pizza Tossed Salad Fruit Cocktail Choice of Fat Free Milk
14	15	16	17	18
<b>School Closed Columbus School</b>	Hot Dog on WG bun Baked Fries Fresh Fruit Choice of Fat Free Milk	Barbecue Chicken White Rice Peas and Carros Mandarin Slices Choice of Fat Free Milk	Twin Taco's with With C/L/T Black Beans Chilled Peaches Choice of Fat Free Milk	WG Cheese Pizza Tossed Salad Fruit Cocktail Choice of Fat Choice of Fat Free Milk
21	22	23	24	25
Baked Chicken w/Mashed Potatoes Pineapple Tidbits Choice of Fat Free Milk	Chicken Fajita w/rice and veggies Peach Slices Choice of Fat Free Milk	Warm Fish Sandwich Mac and Cheese Mix Veggies Applesauce	Arroz con Pollo Sweet Plantains Seasoned Fries Fresh Fruit	English Muffin Pizza Tossed Salad Fruit Cocktail Choice of Fat Free Milk
28	29	30	31	
Spaghetti and Turkey meatballs Romaine salad Garlic bread Peach Slices Choice of Fat Free Milk	Homemade Lasagna With Ground meat WG Garlic Roll Tossed Salad Mandarin Slices Choice of Fat Free Milk	Meatloaf Mash Potatoes String Beans Mandarin Slices Choice of Fat Free Milk	Nachos w/ Ground Meat Black Beans Pear slices Choice of Fat Free Milk	<b>Whole Grains offered throughout the menu. <u>Menu Plan:</u> Components And portions served in accordance with USDA regulations.</b>
<b>All students will receive free Breakfast for School Year 2024-2025</b> <b>Please encourage your child to eat the school lunch</b> <b>Lunches Includes: Choice of Chocolate or white Fat Free Milk</b> <b>Sandwiches Available Daily:</b> -Ham and Cheese on Whole Grain Bread -Turkey and Cheese on Whole Grain Bread -Peanut Butter and Jelly Sandwich on WG Bread <b>This institution is an equal opportunity provider and employer.</b>				<b>A student full lunch includes a choice of entree, vegetable, fruit and milk</b>  <b>MENUS ARE SUBJECT TO CHANGES</b>

