#### Wood River Middle School



# Week of 12/1 through 12/16



Beef Frito Chili Pie

Aztec Corn Chilled Broccoli

Beef and Cheese Enchilada Bean and Cheese Enchilada

Old School Spud Broccoli and Cheese Baked Potato Taco Beef Potato

TH Spaghetti and Meat Sauce Lasagna Roll Ups

F

Teriyaki Chicken w/ Rice Orange Chicken w/ Rice Sweet & Sour Chicken w/ Rice Aztec Corn Chilled Broccoli

Citrus Glazed Carrots

Frijoles a la Charro

Corn Elotes

Broccoli Lime Salad

Broccoli & Red Peppers

Spicy Asian Vegetable Blend Steamed Broccoli



Chicken Nugget Basket Cheese Filled Breadstick All entrées served with Seasoned Spiral Fries

Crispy Chicken Sandwich Cheeseburger

All entrées served with Baked French Fries & Burger Toppings

Cheese Pizza Pepperoni Pizza

All entrées served with Caesar Salad

TH Bean & Cheese Nachos Beef & Cheese Nachos Fajita Chicken Nachos All entrées served with Stewed Black Beans

> Cheese Pizza Pepperoni Pizza Visit the cafeteria to check it out!

SUPER FOODS

NOODLE BOWLS
Caesar • Spicy Buffalo Chicken

- WRAPS & FLATBREADS Very Berry Smoothie
- UU SUPER SALADS The Garden

TH SMOOTHIE BOWLS Turkey Cheddar Ranch • Classic Ham & Cheese

NOODLE BOWLS Garden • Caesar

> PLANT-BASED, VEGETARIAN, NATURAL & MORE... ALL THE INGREDIENTS YOU LOVE!

Garden Salad Chilled Broccoli Variety of Fresh Fruit Variety of Canned Fruit

Super Salad Chilled Broccoli Variety of Fresh Fruit Variety of Canned Fruit

Spinach Salad Ginger Carrot Salad Variety of Fresh Fruit Variety of Canned Fruit Caesar Salad Broccoli Lime Salad Variety of Fresh Fruit Variety of Canned Fruit

H Caesar Salad Italian-Seasoned Chickpeas Variety of Fresh Fruit Variety of Canned Fruit

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#### SAUCE IT UP

IN A HURRY

Add a kick to any dish with our featured sauces.

Beef Frito Chili Pie

Aztec Corn Chilled Broccoli

Beef and Cheese Enchilada Bean and Cheese Enchilada

Old School Spud Broccoli and Cheese Baked Potato Taco Beef Potato

Spaghetti and Meat Sauce Lasagna Roll Ups

Teriyaki Chicken w/ Rice Orange Chicken w/ Rice Sweet & Sour Chicken w/ Rice

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Crispy Chicken Sandwich Cheeseburger

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Cheese Pizza Pepperoni Pizza

All entrées served with Caesar Salad

Bean & Cheese Nachos Beef & Cheese Nachos Fajita Chicken Nachos All entrées served with Stewed Black Beans

Cheese Pizza Pepperoni Pizza Visit the cafeteria to check it out! Chilled Broccoli

Frijoles a la Charro Broccoli Lime Salad Corn Elotes

Aztec Corn Chilled Broccoli Citrus Glazed Carrots

Broccoli & Red Peppers

Spicy Asian Vegetable Blend Steamed Broccoli Caesar • Spicy Buffalo Chicken

Very Berry Smoothie

The Garden

Turkey Cheddar Ranch • Classic Ham & Cheese

Garden • Caesar

#### PLANT-BASED, VEGETARIAN, NATURAL & MORE... ALL THE INGREDIENTS YOU LOVE!

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Super Salad Chilled Broccoli Variety of Fresh Fruit Variety of Canned Fruit

Spinach Salad Ginger Carrot Salad Variety of Fresh Fruit Variety of Canned Fruit Caesar Salad Broccoli Lime Salad Variety of Fresh Fruit Variety of Canned Fruit

Caesar Salad Italian-Seasoned Chickpeas Variety of Fresh Fruit Variety of Canned Fruit

Add a kick to any dish with our four featured sauces.

#### **FEATURES**

Beef Frito Chili Pie

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#### SIDES

Aztec Corn Chilled Broccoli

Beef and Cheese Enchilada
Bean and Cheese Enchilada

Frijoles a la Charro Broccoli Lime Salad Corn Elotes

W

Т

Old School Spud Broccoli and Cheese Baked Potato Taco Beef Potato Aztec Corn Chilled Broccoli Citrus Glazed Carrots



Spaghetti and Meat Sauce Lasagna Roll Ups Broccoli & Red Peppers

F Teriyaki Chicken w/ Rice Orange Chicken w/ Rice Sweet & Sour Chicken w/ Rice Spicy Asian Vegetable Blend Steamed Broccoli

#### M NOODLE BOWLS

Caesar • Spicy Buffalo Chicken

#### T WRAPS & FLATBREADS

Very Berry Smoothie

- W SUPER SALADS The Garden
- Th SMOOTHIE BOWLS Turkey Cheddar Ranch • Classic Ham & Cheese

#### F NOODLE BOWLS

Garden • Caesar

- M Chicken Nugget Basket Cheese Filled Breadstick Seasoned Spiral Fries
- T Crispy Chicken Sandwich Cheeseburger

Baked French Fries & Burger Toppings

W Cheese Pizza Pepperoni Pizza

Caesar Salad

- Th Bean & Cheese Nachos Beef & Cheese Nachos Fajita Chicken Nachos Stewed Black Beans
- F Cheese Pizza Pepperoni Pizza Visit the cafeteria to check it out!

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- Th Caesar Salad Italian-Seasoned Chickpeas Variety of Fresh Fruit Variety of Canned Fruit
- T Caesar Salad Broccoli Lime Salad Variety of Fresh Fruit Variety of Canned Fruit
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- W Super Salad Chilled Broccoli Variety of Fresh Fruit Variety of Canned Fruit

#### Add a kick to any dish with our featured sauces.

#### Beef Frito Chili Pie

# Aztec Corn Chilled Broccoli

#### Beef and Cheese Enchilada Bean and Cheese Enchilada

Frijoles a la Charro Broccoli Lime Salad Corn Elotes

Old School Spud Broccoli and Cheese Baked Potato Taco Beef Potato

> Aztec Corn Chilled Broccoli Citrus Glazed Carrots

#### Spaghetti and Meat Sauce Lasagna Roll Ups

#### Broccoli & Red Peppers

### Teriyaki Chicken w/ Rice Orange Chicken w/ Rice Sweet & Sour Chicken w/ Rice

#### Spicy Asian Vegetable Blend Steamed Broccoli

# **NOODLE BOWLS** Caesar • Spicy Buffalo Chicken

# WRAPS & FLATBREADS Very Berry Smoothie

### SUPER SALADS The Garden

Thursday Superfoods Menu

## **SMOOTHIE BOWLS**

# Turkey Cheddar Ranch • Classic Ham & Cheese

# **NOODLE BOWLS** Garden • Caesar

#### Chicken Nugget Basket Cheese Filled Breadstick

Seasoned Spiral Fries

#### Crispy Chicken Sandwich Cheeseburger

Baked French Fries & Burger Toppings

### Cheese Pizza Pepperoni Pizza

Caesar Salad

# Bean & Cheese Nachos Beef & Cheese Nachos Fajita Chicken Nachos

Stewed Black Beans

### Cheese Pizza Pepperoni Pizza

Visit the cafeteria to check it out!

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Caesar Salad Broccoli Lime Salad Variety of Fresh Fruit Variety of Canned Fruit

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Caesar Salad Italian-Seasoned Chickpeas Variety of Fresh Fruit Variety of Canned Fruit

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Spinach Salad Ginger Carrot Salad Variety of Fresh Fruit Variety of Canned Fruit

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