

Wood River Middle School

March 2023

Our menus are aligned with the USDAs Healthier U.S. School Challenge.



**A MINIMUM OF 6 SIDES
OFFERED DAILY WITH
LUNCH CHOICES**

Fresh Garden Salad Greens plus Fruits & Vegetables, in an inviting variety. Locally Grown items are offered whenever seasonally available. Low Fat or Fat Free Milk included with all meals.

Grab and Go. No Wait, No Line!



MONDAY	Chef Salad or Chicken Caesar Wrap or Caesar Salad	V SP
TUESDAY	BBQ Chicken Sub or Chicken Caesar Salad or Caesar Salad	V SP
WEDNESDAY	Chef Salad or Crispy Chicken Wrap	SP
THURSDAY	Chicken Caesar Salad or Chicken Caesar Wrap or Caesar Salad	V SP
FRIDAY	Chef Salad or Bacon Ranch Wrap	SP

Fresh Grilled Burgers, Crispy

All Served with Oven Baked Fries or Tots



MONDAY	Hamburger or Cheeseburger or Chicken Nuggets
TUESDAY	Crispy Chicken Burger or Spicy Chicken Burger or Corndog
WEDNESDAY	Hamburger or Cheeseburger or Chicken Fingers
THURSDAY	Crispy Chicken Burger or Spicy Chicken Burger or Corndog
FRIDAY	Hamburger or Cheeseburger or Chicken Nuggets



Fresh Baked Specialty Pizzas

MONDAY	Cheese or Pepperoni or BBQ Chicken	V
TUESDAY	Cheese or Pepperoni or Supreme	V
WEDNESDAY	Cheese or Pepperoni or Sausage	V
THURSDAY	Cheese or Pepperoni or Buffalo Chicken	V
FRIDAY	Cheese or Pepperoni or Hawaiian	V SP



**This Week's
Feature:**



Monday- Mac and Cheese
Tuesday- Build Your Own Nacho Bar
Wednesday- Chicken Alfredo or Broccoli Alfredo Pasta
Thursday- Build Your Own Baked Potato Bar
Friday- Teriyaki or Sweet and Sour Chicken Rice Bowls

V Vegetarian
SP Smart Pick

We use menu identifiers in the café to help student recognize Vegetarian & Smart Pick options. Smart Pick selections meet specific criteria for fat, sodium & calories.

To file a complaint of discrimination, write U.S. Department of Agriculture, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

Nutrition Information is available upon request.

