

Wood River Middle School

May 2022

Our menus are aligned with the USDA's 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

Salads Daily: Chicken Caesar Salad, Chef Salad

Sandwiches Daily: Turkey Sub, American Sub



MONDAY	Spicy Buffalo Chicken Wrap
TUESDAY	Southwest BBQ Chicken Sub
WEDNESDAY	Chicken Quesadilla
THURSDAY	Buffalo Chicken Salad
FRIDAY	Chicken Bacon Ranch Wrap

Custom Grilled Favorites

Burgers Everyday: Hamburger, Cheeseburger, Chicken Burger, Spicy Chicken Burger
Side Items Everyday: Tots, Crinkle cut fries



MONDAY	BBQ Chicken Sandwich
TUESDAY	Crispy Corn Dog
WEDNESDAY	Grilled Cheese Sandwich
THURSDAY	Hot Dog
FRIDAY	Crispy Chicken Nuggets



Fresh Baked Pizza

Pizza Everyday: Pepperoni, Cheese

MONDAY	Meat lovers Pizza
TUESDAY	Supreme Pizza
WEDNESDAY	Hand Tossed Sausage Pizza
THURSDAY	Chicken Bacon Ranch Pizza
FRIDAY	Hawaiian Luau Pizza



This Week's Feature:

Monday: Homemade Macaroni and Cheese (V) or Chicken Caesar Salad
Tuesday: Chicken Broccoli Alfredo

Wednesday: Made to order Nachos with choice of Beef or Chicken on Chips or Tater Tots
Thursday: Spaghetti Marinara w/ Dinner Roll (V)
Friday: Crispy Chicken tenders w/ Fries or Crispy Buffalo Chicken Wrap

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.

