

# Wood River Middle School

## February 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!



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

Fresh Grilled Burgers, Crispy

All Served with Oven Baked Fries or Tots



<b>MONDAY</b>	Hamburger or Cheeseburger or Chicken Nuggets
<b>TUESDAY</b>	Crispy Chicken Burger or Spicy Chicken Burger or Corndog
<b>WEDNESDAY</b>	Hamburger or Cheeseburger or Chicken Fingers
<b>THURSDAY</b>	Crispy Chicken Burger or Spicy Chicken Burger or Corndog
<b>FRIDAY</b>	Hamburger or Cheeseburger or Chicken Nuggets



Fresh Baked Specialty Pizzas

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



**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.

