

Wood River Middle School

October 2021

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	Crispy Chicken Wrap
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 Pork Riblet Sandwich
TUESDAY	Crispy Corn Dog
WEDNESDAY	Grilled Cheese Sandwich
THURSDAY	Hot Dog
FRIDAY	Crispy Chicken Nuggets



Fresh Baked Pizza

Pizza Everyday: Pepperoni, Cheese

MONDAY	Hand Tossed BBQ Chicken Pizza
TUESDAY	Supreme Pizza
WEDNESDAY	Hand Tossed Sausage Pizza
THURSDAY	Buffalo Chicken Pizza
FRIDAY	Hawaiian Luau Pizza



This Week's Feature:

Monday: Homemade Macaroni and Cheese (V) or Chicken Caesar Salad
Tuesday: Orange Chicken Rice Bowl or Spicy Chicken Wrap

Wednesday: Breakfast for Lunch- Pancakes and Sausage or Garden Salad (V)

Thursday: Cheese Lasagna w/ Dinner Roll (V)

Friday: BBQ Chicken Sandwich or BBQ 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.

