

Wood River Middle School

November 2021

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

Salads Daily: Chicken Caesar Salad, Chef Salad

Sandwiches Daily: Turkey Sub, American Sub



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| 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



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| 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

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| 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: Made to order Nachos with choice of Beef or Chicken on Chips or Tater Tots
Thursday: Cheese Lasagna 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.

