

Woodsville High School

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
2 Crispy Chicken Patty Crispy Potato Puffs	3 Smothered Tex Mex Burrito <i>mexi-style meat, rice folded inside a soft tortilla topped with cheese sauce</i> Vegetable Rice Pilaf Salsa Black Beans	4 Cheese Pizza Pepperoni Pizza Homemade Lite Veggie Pasta Salad Roasted Potatoes	5 Homemade Chicken & Broccoli Alfredo Dinner Rolls Caesar Salad	6 Baked Chicken Tenders Whole Wheat Dinner Roll Green Beans
9 French Toast Crispy Turkey Sausage Links Golden Baked Potato Wedges Cajun Maple Carrots	10 Nachos Grande <i>tortilla chips topped with freshly prepared mexi style meat and cheese</i> Salsa Vegetable Rice Pilaf Corn & Black Bean Salad	11 Cheese Pizza Pepperoni Pizza Homemade Lite Veggie Pasta Salad	12 Homemade Pasta & Meat Sauce Whole Wheat Dinner Roll	13 Double Bacon Burger Oven Baked Fries Spinach Salad
16 Buffalo Chicken Dip Homemade Lite Veggie Pasta Salad Maple Week	17 Soft Tacos Vegetable Rice Pilaf Sauteed Corn & Black Bean Salsa Salsa	18 Cheese Pizza Pepperoni Pizza Meat Lovers Pizza Caesar Salad	19 Homemade Chicken Pot Pie Whole Wheat Dinner Roll	20 Incredibowls General Tso's Chicken Whole Wheat Dinner Roll Caesar Salad
23	24 Nachos Grande <i>tortilla chips topped with freshly prepared mexi style meat and cheese</i> Salsa Corn & Black Bean Salad	25 Meatball Hero <i>freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella</i>	26 Homemade Mac & Cheese Whole Wheat Dinner Roll	27 Salisbury Steak Homemade Mashed Potatoes Dinner Rolls Garden Salad
30 BLT Sandwich Oven Baked Fries	31 Soft Tacos Vegetable Rice Pilaf Salsa Black Beans			



Available Daily

Burgers, Chicken Patty, Chicken Tenders, Pre-made Deli Sandwiches, Pre-made Salads, Fruit & Veggie Bar, Fresh & Canned Fruit,

1% White Milk or Fat Free Chocolate

Adult Breakfast \$2.00

Adult Lunch \$4.00

Milk \$0.60

Questions, Contact Jennifer A. Miller

millerj@whitsons.com



View this menu on the mobile app, FDMealPlanner, or on the web at www.FDMealPlanner.com.

*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

**Menu is subject to change. notice posted

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Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
2 Ham & Cheese Bagel Melt Strawberry Mini Bagel	3 Strawberry Mini Bagel Banana Bread Sliced	4 Sausage, Egg and Cheese Sandwich Strawberry Mini Bagel	5 WW Breakfast Bun Whole Grain Donut	6 Whole Grain French Toast Slices Maple Syrup Sausage, Egg and Cheese Sandwich
9 Ham & Cheese Bagel Melt WW Bagel Cream Cheese	10 Whole Grain French Toast Slices Maple Syrup Whole Grain Donut	11 WW Bagel Cream Cheese Sausage, Egg and Cheese Sandwich	12 Sausage, Egg and Cheese Sandwich Strawberry Mini Bagel	13 Blueberry Muffin Sausage, Egg and Cheese Sandwich
16 Sausage and Cheese Sandwich Banana Bread Sliced	17 Strawberry Mini Bagel Sausage, Egg and Cheese Sandwich	18 Ham & Cheese Bagel Melt Sausage, Egg and Cheese Sandwich	19 Egg and Cheese Sandwich Whole Grain Donut	20 Fluffy Whole Grain Waffles Maple Syrup Strawberry Mini Bagel Early Release
23	24 Maple Mini Waffles WW Bagel Cream Cheese Red. Sugar Cinnamon Toast Crunch Cereal Reduced Sugar Trix Honey Graham	25 Red. Sugar Cinnamon Toast Crunch Cereal Reduced Sugar Trix String Cheese WW Bagel Cream Cheese	26 Sausage, Egg and Cheese Sandwich Red. Sugar Cinnamon Toast Crunch Cereal Reduced Sugar Trix Honey Graham Crackers	27 Blueberry Muffin Red. Sugar Cinnamon Toast Crunch Cereal Reduced Sugar Trix String Cheese WW Bagel Cream Cheese
30 Sausage and Cheese Sandwich Banana Bread Sliced	31 Strawberry Mini Bagel Sausage, Egg and Cheese Sandwich			

Available Daily

Banana Bread
Donuts
Fresh, Canned or Dry Fruit
100% Fruit Juice
1% White Milk or Fat Free Chocolate Milk

Adult Breakfast \$2.00

Adult Lunch \$4.00

Milk \$0.60

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