

WOBURN ELEMENTARY LUNCH

February 2012

30 MONDAY
CHICKEN PARMESAN DINNER
W/PENNE PASTA
Tossed Salad
Seasoned Peas

side items

Fresh Fruit
Chilled Fruit Cup

31 TUESDAY
SOFT SHELL TACO
W/BEEF, CHEESE & SALSA
Seasoned Corn

side items

Fresh Fruit
Chilled Fruit Cup

1 WEDNESDAY
Savory Riblet SUB
Pasta Salad
GREEN BEANS
BLUEBERRY CAKE

side items

FRESH FRUIT
CHILLED FRUIT CUP

2 THURSDAY
WAFFLE W/SAUSAGE
OVEN BAKED PUFFS
CARROT STICKS

side items

FRESH FRUIT
CHILLED FRUIT CUP

3 FRIDAY-1/2 Day
OVEN BAKED CHEESE OR PEPPERONI PIZZA
Steamed Carrots

side items

Sun-Maid Raisins
Chilled Fruit Cup

6 MONDAY
POPCORN CHICKEN
W/DIPPING SAUCE
Oven Baked Puffs
Celery Sticks

side items

Fresh Fruit
Chilled Fruit Cup

7 TUESDAY
MEATBALL SUB W/MELTED MOZZARELLA CHEESE
Tossed Salad
Bag of Tiny Twist Pretzels

side items

Fresh Fruit
Chilled Fruit Cup

8 WEDNESDAY
NACHO GRANDE
BEEF, CHEESE, LETTUCE & SALSA
Carrot Sticks
Green Peas

side items

Fresh Fruit
Chilled Fruit cup

9 THURSDAY
TURKEY DINNER W/GRAVY
MASHED POTATO
SEASONED CORN
Dinner Roll

side items

Fresh Fruit
Chilled Fruit Cup

10 FRIDAY
OVEN BAKED CHEESE OR PEPPERONI PIZZA
Steamed Carrots
Fresh Veggies

side items

Sun-Maid Raisins
Chilled Fruit cup

13 MONDAY
SLIDERS- HAMBURGER OR CHEESEBURGER
Oven Baked Puffs
Carrot Sticks

side items

Fresh Fruit
Chilled Fruit Cup

14 TUESDAY
Cheese Ravioli w/Marinara
Garlic Bread
Tossed Salad
Green Beans

side items

Fresh Fruit
Chilled Fruit Cup

15 WEDNESDAY
CHEESY BREADSTICKS
W/Marinara Sauce
Celery Sticks
Steamed Carrots

side items

Fresh Fruit
Chilled Fruit Cup

16 THURSDAY
WG FRENCH TOAST W/SAUSAGE
Oven Baked Puffs
Carrot Sticks
Seasoned Green Beans

side items

Fresh Fruit
Chilled Fruit Cup

17 FRIDAY
OVEN BAKED CHEESE OR PEPPERONI PIZZA
Steamed Carrots
Fresh Vegetables

side items

Fresh Fruits
Chilled Fruit Cup

20 MONDAY
PRESIDENTS DAY

side items

21 TUESDAY
FEBRUARY VACATION

side items

22 WEDNESDAY
FEBRUARY VACATION

side items

23 THURSDAY
FEBRUARY VACATION

side items

24 FRIDAY
FEBRUARY VACATION

side items

27 MONDAY
CORN DOG
Bag of Pretzels
Celery Sticks
Seasoned Corn

side items

Fresh Fruit
Chilled Fruit Cup

28 TUESDAY
WAFFLE W/SAUSAGE
Baked Potato Puffs
Carrot Sticks

side items

Fresh Fruit
Chilled Fruit Cup

29 WEDNESDAY
CHEESY BREADSTICKS
W/Marinara Sauce
Sliced Cucumbers
Steamed Carrots

side items

Fresh Fruit
Chilled Fruit Cup

1 THURSDAY

side items

2 FRIDAY

side items

DAILY OPTIONS ON REVERSE SIDE

BREAKFAST IS OFFERED AT THE WHITE,
GOODYEAR & ALTAVESTA
FREE BREAKFAST FOR ALL AT
THE SHAMROCK!!!!!!!



Made with Healthy Whole Grains



Eat Well Selection™ Lower Fat, Lower Sodium

Nutritional Messages may vary by school.



Ovo-Lacto Vegetarian, may contain Egg & Milk



Local ingredients are always used when in season



Vitamin rich fruits and

meals include milk, vegetable, bread & fruit.

Nutrient dense whole

breads and rolls is used for all sandwiches



Milk Choice

Varieties include 1% low fat & flavored fat-free



DAILY OPTIONS

- Whole Grain Chicken Nuggets
- Whole Grain Spicy Chicken Nuggets
- Macaroni & Cheese
- Hot Dog on a Bun
- Italian Sub w/all the fixings
- Grilled Cheese on Wheat Bread
- PB&J or Fluff on Wheat Bread

