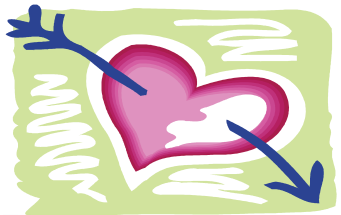

Lunch $2.00
Milk 55¢
Bonus Fries 85¢
w/complete lunch

FEBRUARY 2010
WOODLAND SCHOOL DISTRICT 50
MIDDLE SCHOOL
LUNCH MENU

OFFERED DAILY
Pizza Selection
Chicken Sandwich
Burgers
Assorted Salads & Wraps
Low Fat Submarine
Assorted Grains/Breads

Looking for a part time job?
Opportunities available at Woodland School District Food Service
Call Judy at 847-856-4162
For more information

Questions about the menu?
Call 847-856-3408
A comprehensive Nutrition & Allergy Guide is available in the Food Service Office.
We recommend payments to your DEBIT account be made by check payable to Woodland SD 50 or pay on-line at dist50.net

Monday	Tuesday	Wednesday	Thursday	Friday
1 MEATLOAF w/Whole Grain Roll WHIPPED POTATOES w/Gravy 100% FRUIT JUICE PUNCH	 *BBQ RIB SANDWICH WHOLE KERNEL CORN CHILLED APPLESAUCE	**3** ***NACHO DAY*** CONEY ISLAND CORN DOG POTATO ROUNDS 1/2 BANANA	**4** CHICKEN PARMESAN SANDWICH GARDEN SALAD w/Dressing DICED PEACHES	**5 SUPER FRIDAY** UNO'S PIZZA *OR HALF TIME HOT DOG* *FULL BACK BAKED BEANS FIELD GOAL FRUIT CUP QUARTERBACK COOKIE
8 CHICKEN NUGGETS ROLL WHOLE KERNEL CORN SWEET PEARS	**9** CHEESE QUESADILLAS w/Salsa SEASONED GREEN BEANS DICED PEACHES	**10** ***NACHO DAY*** FRENCH TOAST STICKS w/Syrup & Turkey Sausage Patty CINNAMON APPLESAUCE 100% ORANGE JUICE	**11** PIZZA DIPPERS w/Dipping Sauce *OR CHICKEN FAJITAS* STEAMED CARROTS MIXED FRUIT CUP *"SMART" COOKIE*	**12** *SCHOOL IMPROVEMENT DAY* *NO LUNCH* **LINCOLN'S BIRTHDAY**
15 *NO SCHOOL* **PRESIDENT'S DAY**	**16** SOFT SHELL TACO FRESH BABY CARROTS 100% PINEAPPLE JUICE S.W.A.K.!	**17** ***NACHO DAY*** POPCORN CHICKEN WHOLE GRAIN ROLL WHOLE KERNEL CORN FRESH ORANGE WEDGES	**18** CREAMY MACARONI & CHEESE SEASONED GREEN BEANS CHILLED APPLESAUCE	**19** PIZZA SLICE *OR BEEF & BEAN BURRITO w/Salsa* GARDEN SALAD w/Lite Italian Dressing SWEET PEARS
22 MINI CORN DOGS *OR SLOPPY JOE on a Bun* POTATO ROUNDS 100% ORANGE JUICE **WASHINGTON'S BIRTHDAY**	**23** PASTA w/Meat Sauce SOFT BREADSTICK GARDEN SALAD w/Dressing DICED PEACHES	**24** ***NACHO DAY*** GRILLED CHEESE SANDWICH SEASONED GREEN BEANS CHILLED APPLESAUCE	**25** SOFT TACO w/Cheese WHOLE KERNEL CORN MIXED FRUIT CUP	**26** UNO'S PIZZA *OR CHICKEN SANDWICH* CARROT & CELERY STICKS TROPICAL PINEAPPLE

Love your heart! Eat more fruits, veggies and whole grains, and less high fat foods like french fries and fried foods. Your heart will love you for it!

Milk variety offered daily.

** Please Note **
Menu changes may be necessary. Notice will be given when possible.

* Contains Pork