



Lunch \$2.00  
Milk 55¢

# OCTOBER 2009


## WOODLAND SCHOOL DISTRICT 50

### MIDDLE SCHOOL

### LUNCH MENU



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

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> CHICKEN PARMESAN over Noodles GARDEN SALAD w/Low Fat Dressing CRISP APPLE WEDGES	<b>2</b> DOUBLE STUFFED PIZZA <i>OR NACHOS GRANDE</i> <i>OR HOT DOG on a Bun</i> CARROT & CELERY STICKS MANDARIN ORANGES
<b>5</b> SALISBURY STEAK WHIPPED POTATOES w/Gravy SWEET PEARS WHOLE GRAIN ROLL	<b>6</b> MEATBALL BOMBER w/Marinara Sauce & Cheese SEASONED GREEN BEANS DICED PEACHES	<b>7</b> FRENCH TOAST STICKS w/Syrup & Turkey Sausage Patty CHILLED APPLESAUCE 100% ORANGE JUICE	<b>8</b> PIZZA DIPPERS STEAMED DICED CARROTS MIXED FRUIT CUP	<b>9</b> <i>INSTITUTE DAY</i>  <i>NO STUDENT</i> <i>ATTENDANCE</i>
<b>12</b>  <b>COLUMBUS DAY</b>	<b>13</b> TURKEY & CHEESE WRAP CARROTEENIES 100% PINEAPPLE JUICE	<b>14</b> CHICKEN NUGGETS w/Whole Grain Roll WHIPPED POTATOES w/Gravy FRESH ORANGE WEDGES	<b>15</b> CREAMY MACARONI & CHEESE WHOLE GRAIN ROLL SEASONED GREEN BEANS CHILLED APPLESAUCE	<b>16</b> TONY'S CHEESE PIZZA <i>OR BEEF &amp; BEAN</i> <i>BURRITO w/Salsa</i> <i>OR NACHOS GRANDE</i> GARDEN SALAD w/Lite Italian Dressing SWEET PEARS
<b>19</b> SLOPPY JOE on a Bun VEGETARIAN BAKED BEANS 100% ORANGE JUICE	<b>20</b> PASTA w/Meat Sauce SOFT BREADSTICK GARDEN SALAD w/Low Fat Dressing DICED PEACHES	<b>21</b> MINI CORN DOGS SEASONED GREEN BEANS CHILLED APPLESAUCE	<b>22</b> BEEF TACO w/Shredded Lettuce WHOLE KERNEL CORN MIXED FRUIT CUP	<b>23</b> CHICKEN SANDWICH <i>OR PIZZA SLICE</i> <i>OR NACHOS GRANGE</i> STEAMED DICED CARROTS 100% FRUIT JUICE PUNCH
<b>26</b> PANCAKES & SYRUP HAM SLICE TATER TOTS CHILLED APPLESAUCE	<b>27</b> CONEY ISLAND CORN DOG SEASONED GREEN BEANS WHIPPED POTATOES w/Gravy	<b>28</b> HAM & CHEESE WRAP WHOLE KERNEL CORN 100% ORANGE JUICE	<b>29</b> ROAST TURKEY w/Gravy BUTTERMILK BISCUIT GARDEN PEAS SWEET PEARS	<b>30</b> "BARE BONES" PIZZA STICKS w/Bloody Dipping Sauce CREEPY CRUNCHY CARROTEENIES SWAMP JUICE (APPLE JUICE) GRAVE DIGGERS DIRT CUP (PUDDING CUP)

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**

Milk Variety Served Daily \*\* Please Note\*\* \* Contains Pork

Menu changes may be necessary. Notice will be given when possible.