

Woodward Public Schools are an Equal Opportunity Employer and Provider. 1% Fat Free White or Chocolate Milk Served With All Meals.



Nutrition Tip: Cut-up fruit makes a great snack. Either cut them yourself, or buy pre-cut packages of fruit pieces like pineapples or melons. Or, try whole fresh berries or grapes.

Reference: USDA. MyPlate.gov

Monday

Tuesday

Wednesday

Thursday

Friday



3



4



5



6



7



10



11



12



13



14



17

Hamburger on a Bun W/Cheese
French Fries
Lettuce/Tomato/Pickles
Peaches

18

Chicken
Mashed Potatoes W/Gravy
Mixed Vegetables
Hot Roll
Pears

19

Pizza
Tossed Salad
Cookie
Mixed Fruit

20

Beefy Nachos
Mexican Corn
Cowboy Bread
Applesauce

21

Chicken Sandwich
Tater Tots
Lettuce/Tomato
Pineapple

24

Steak Fingers
Mashed Potatoes W/Gravy
Mixed Vegetables
Hot Rolls
Peaches

25

Ham & Cheese Sandwich
Baked Chips
Lettuce/Tomato
Baby Carrots
Oranges

26

Frito Chili Pie
Corn
Cinnamon Roll
Applesauce

27

Hotdog W/Bun
French Fries
Pickle Spears
Mixed Fruit

28

Taco W/Flour Tortilla
Lettuce/Tomato/Cheese
Refried Beans
Pears

31

