

# Woodstock Middle High School Menu

# September 2017



Applications for Free or Reduced meals are available all year at the school.

Manage and monitor your student's account at: [K12paymentcenter.com](http://K12paymentcenter.com)

### Meal Prices

#### Breakfast

Reduced \$0.30  
Paid \$1.50

#### Lunch

Reduced \$0.40  
Paid \$2.60  
Grill Line \$3.75

### Allergens

Our SNP serves a prewrapped peanut butter and jelly sandwich in some schools, all other products do not contain peanuts or treenuts in the ingredient lists, however, we cannot guarantee they are made in peanut free facilities.

				9/1 Breakfast Pastry Pancakes/French Toast/Waffles
9/4	9/5 Yogurt w/Crackers Breakfast Pizza	9/6 Breakfast Pastry Pancakes/French Toast/Waffles	9/7 Yogurt w/Crackers Breakfast Pizza	9/8 Breakfast Pastry Pancakes/French Toast/Waffles
<b>LABOR DAY</b> 	Crispito & Taco OR Pizzeria Choice OR Chef Salad Seasoned Corn Refried Beans Lettuce/Tomato/Salsa Bean & Corn Salsa Broccoli Dippers	Wild Mike's Pizza OR Italian Pasta Bake w/Parmesan Garlic Roll OR Popcorn Chicken Salad Seasoned Green Beans Fresh Garden Salad Cucumber & Tomato Salad Carrot Dippers	Buffalo Chicken w/Roll OR Pizzeria Choice OR Chef Salad Seasoned Garden Peas Homemade Potato Salad Broccoli Salad Carrot Dippers	Hot Dog OR Corn Dog OR Pizzeria Choice OR Popcorn Chicken Salad Crispy French Fries Baked Beans Creamy Coleslaw Corn Salad Tomato Dippers
9/11 Breakfast Pastry Pancakes/French Toast/Waffles	9/12 Yogurt w/Crackers Breakfast Pizza	9/13 Breakfast Pastry Pancakes/French Toast/Waffles	9/14 Yogurt w/Crackers Breakfast Pizza	9/15 Breakfast Pastry Pancakes/French Toast/Waffles
Bacon Cheeseburger OR Cheese Stuffed Breadstick w/Marinara OR Popcorn Chicken Salad Crispy French Fries Seasoned Garden Peas Lettuce/Tomato/Pickle/Onion Garbanzo Beans Cucumber Dippers	Fiesta Nachos OR Personal Pizza OR Chef Salad Refried Beans Seasoned Corn Lettuce/Tomato/Salsa Bean & Corn Salsa Broccoli Dippers	Wild Mike's Pizza OR Corn Dog Bites OR Popcorn Chicken Salad Crispy French Fries Broccoli w/Cheese Sauce Fresh Garden Side Salad Cucumber & Tomato Salad Carrot Dippers	 Pasta & Meatsauce w/Parmesan Garlic Roll OR Pizzeria Choice OR Chef Salad Seasoned Green Beans Fresh Garden Side Salad Broccoli Salad Carrot Dippers	Oven Fried Chicken w/Roll OR Cheese Stuffed Breadsticks w/Marinara OR Popcorn Chicken Salad OR Mashed Potatoes Seasoned Garden Peas Creamy Coleslaw Corn Salad Tomato Dippers
9/18	9/19	9/20	9/21	9/22
 <h1>Fall Break</h1>				
9/25 Breakfast Pastry Pancakes/French Toast/Waffles	9/26 Yogurt w/Crackers Breakfast Pizza	9/27 Breakfast Pastry Pancakes/French Toast/Waffles	9/28 Yogurt w/Crackers Breakfast Pizza	9/29 Breakfast Pastry Pancakes/French Toast/Waffles
Pulled Pork Sandwich OR Pizzeria Choice OR Popcorn Chicken Salad OR Crispy French Fries Baked Beans Coleslaw Garbanzo Beans Cucumber Dippers	Popcorn Chicken w/Roll OR Pizzeria Choice OR Chef Salad OR Mashed Potatoes Seasoned Garden Peas Bean & Corn Salsa Broccoli Dippers	Wild Mike's Pizza OR Philly Cheesesteak OR Popcorn Chicken Salad OR Crispy French Fries Fresh Garden Side Salad Broccoli Salad Cucumber & Tomato Salad Carrot Dippers	General Tso's or Orange Chicken w/Rice OR Personal Pizza OR Chef Salad Steamed Broccoli Fresh Garden Side Salad Broccoli Salad Carrot Dippers	Spicy Chicken Sandwich OR Pizzeria Choice OR Popcorn Chicken Salad Crispy French Fries Seasoned Green Beans Lettuce/Tomato/Pickle/Onion Corn Salad Tomato Dippers

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[www.lunchapplication.com](http://www.lunchapplication.com)

### Farm 2 School

#### This Month Features

Cabbage Corn  
Cucumber Grapes  
Honey Peaches  
Peas Peppers  
Sweet Potatoes  
Squash Tomatoes  
Watermelon

#### Daily Breakfast Choices:

Chicken or Sausage Biscuit  
Cereal w/Crackers  
100% Fruit Juice  
Chilled Fruit  
Fresh Fruit  
Milk

#### Daily Lunch Choices:

Grill Line: Chicken Filet  
Sandwich or Chicken  
Tenders w/Veggie Choice  
Vegetarian Salad Option  
Grab-n-Go:  
Deli Sandwich /Wraps  
Fruit & Yogurt  
PBJ  
Fresh Fruit Chilled Fruit  
100% Fruit Juice Milk

A reimbursable breakfast consists of 1 item from each of the following groups:

- 1) Entrée
- 2) Milk
- 3) Fruit
- 4) 100% Fruit Juice

Students may choose not to take one of the groups however, they must take a fruit serving.

A reimbursable lunch consists of 1 item from each of the 5 groups\*:

- 1) Meat/Meat Alternate
- 2) Grain
- 3) Vegetable/Side
- 4) Fruit
- 5) Milk

Students may choose not to take 2 of the groups, however, they must take at least 3 of the 5 groups one must be a fruit or vegetable serving.

\*Menu items are subject to change based off of product availability.

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National School Lunch Week  
October 9 - 13

# October 2017



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<p>10/2 Breakfast Pastry Pancakes/French Toast/Waffles</p> <p>Chicken Nuggets OR Cheese Stuffed Breadsticks w/Marinara OR Popcorn Chicken Salad Crispy French Fries Baked Beans Seasoned Garden Peas Fresh Garden Side Salad Carrot Dippers</p> <p>Bean &amp; Corn Salsa</p> <p><b>Make Room for LEGUMES</b></p>	<p>10/3 Yogurt w/Crackers Breakfast Pizza</p> <p>Crispito &amp; Taco OR Pizzeria Choice OR Chef Salad Seasoned Corn Refried Beans Lettuce/Tomato/Salsa Bean &amp; Corn Salsa Broccoli Dippers</p> <p><b>Make Room for LEGUMES</b></p>	<p>10/4 Breakfast Pastry Pancakes/French Toast/Waffles</p> <p>Wild Mike's Pizza OR Italian Pasta Bake w/Parmesan Garlic Roll OR Grilled Chicken Salad Seasoned Green Beans Fresh Garden Salad Cucumber &amp; Tomato Salad Carrot Dippers</p> <p><b>Make Room for LEGUMES</b></p>	<p>10/5 Yogurt w/Crackers Breakfast Pizza</p> <p>Buffalo Chicken w/Roll OR Pizzeria Choice OR Chef Salad Seasoned Garden Peas Broccoli Salad Carrot Dippers</p> <p><b>Make Room for LEGUMES</b></p>	<p>10/6 Breakfast Pastry Pancakes/French Toast/Waffles</p> <p>Hot Dog OR Pizzeria Choice OR Popcorn Chicken Salad Crispy French Fries Baked Beans Creamy Coleslaw Homemade Potato Salad Tomato Dippers</p> <p>Corn Salad</p> <p><b>Make Room for LEGUMES</b></p>
<p>10/9 Breakfast Pastry Pancakes/French Toast/Waffles</p> <p>Bacon Cheeseburger OR Cheese Stuffed Breadstick w/Marinara OR Popcorn Chicken Salad Crispy French Fries Seasoned Garden Peas Lettuce/Tomato/Pickle/Onion Garbanzo Beans Coleslaw Cucumber Dippers</p> <p><b>Make Room for LEGUMES</b></p>	<p>10/10 Yogurt w/Crackers Breakfast Pizza</p> <p>Fiesta Nachos OR Personal Pizza OR Chef Salad Refried Beans Seasoned Corn Lettuce/Tomato/Salsa Bean &amp; Corn Salsa Broccoli Dippers</p> <p><b>Make Room for LEGUMES</b></p>	<p>10/11 Breakfast Pastry Pancakes/French Toast/Waffles</p> <p>Wild Mike's Pizza OR French Toast w/Sausage OR Grilled Chicken Salad Seasoned Potato Wedges GA Grown Apple Hot Cinnamon Apples Fresh Garden Side Salad Locally Grown Cucumber &amp; Tomato Salad Carrot Dippers</p>	<p>10/12 Yogurt w/Crackers Breakfast Pizza</p> <p>Pasta &amp; Meatsauce w/Parmesan Garlic Roll OR Pizzeria Choice OR Chef Salad Seasoned Green Beans Fresh Garden Side Salad Broccoli Salad Carrot Dippers</p> <p><b>Make Room for LEGUMES</b></p>	<p>10/13 Breakfast Pastry Pancakes/French Toast/Waffles</p> <p>Oven Fried Chicken w/Roll OR Cheese Stuffed Breadsticks w/Marinara OR Popcorn Chicken Salad OR Mashed Potatoes Seasoned Garden Peas Homemade Potato Salad Corn Salad Tomato Dippers</p> <p><b>Make Room for LEGUMES</b></p>
<p>10/16 Breakfast Pastry Pancakes/French Toast/Waffles</p> <p>Pulled Pork Sandwich OR Pizzeria Choice OR Popcorn Chicken Salad OR Crispy French Fries Baked Beans Coleslaw Garbanzo Beans Cucumber Dippers</p> <p><b>Make Room for LEGUMES</b></p>	<p>10/17 Yogurt w/Crackers Breakfast Pizza</p> <p>Popcorn Chicken w/Roll OR Pizzeria Choice OR Chef Salad OR Mashed Potatoes Seasoned Garden Peas Bean &amp; Corn Salsa Broccoli Dippers</p> <p><b>Make Room for LEGUMES</b></p>	<p>10/18 Breakfast Pastry Pancakes/French Toast/Waffles</p> <p>Wild Mike's Pizza OR Philly Cheesesteak OR Grilled Chicken Salad OR Crispy French Fries Fresh Garden Side Salad Cucumber &amp; Tomato Salad Carrot Dippers</p>	<p>10/19 Yogurt w/Crackers Breakfast Pizza</p> <p>General Tso's or Orange Chicken w/Rice OR Personal Pizza OR Chef Salad Steamed California Veggies Fresh Garden Side Salad Broccoli Salad Carrot Dippers</p>	<p>10/20 Breakfast Pastry Pancakes/French Toast/Waffles</p> <p>Spicy Chicken Sandwich OR Pizzeria Choice OR Popcorn Chicken Salad Crispy French Fries Seasoned Green Beans Lettuce/Tomato/Pickle/Onion Corn Salad Homemade Potato Salad Tomato Dippers</p> <p><b>Make Room for LEGUMES</b></p>
<p>10/23 Breakfast Pastry Pancakes/French Toast/Waffles</p> <p>Chicken Nuggets OR Cheese Stuffed Breadsticks w/Marinara OR Popcorn Chicken Salad Crispy French Fries Baked Beans Seasoned Garden Peas Fresh Garden Side Salad Carrot Dippers</p> <p>Bean &amp; Corn Salsa</p> <p><b>Make Room for LEGUMES</b></p>	<p>10/24 Yogurt w/Crackers Breakfast Pizza</p> <p>Crispito &amp; Taco OR Pizzeria Choice OR Chef Salad Seasoned Corn Refried Beans Lettuce/Tomato/Salsa Bean &amp; Corn Salsa Broccoli Dippers</p> <p><b>Make Room for LEGUMES</b></p>	<p>10/25 Breakfast Pastry Pancakes/French Toast/Waffles</p> <p>Wild Mike's Pizza OR Italian Pasta Bake w/Parmesan Garlic Roll OR Grilled Chicken Salad Seasoned Green Beans Fresh Garden Salad Cucumber &amp; Tomato Salad Carrot Dippers</p> <p><b>Make Room for LEGUMES</b></p>	<p>10/26 Yogurt w/Crackers Breakfast Pizza</p> <p>Buffalo Chicken w/Roll OR Pizzeria Choice OR Chef Salad Seasoned Garden Peas Broccoli Salad Carrot Dippers</p> <p><b>Make Room for LEGUMES</b></p>	<p>10/27 Breakfast Pastry Pancakes/French Toast/Waffles</p> <p>Hot Dog OR Pizzeria Choice OR Popcorn Chicken Salad Crispy French Fries Baked Beans Creamy Coleslaw Corn Salad Homemade Potato Salad Tomato Dippers</p> <p><b>Make Room for LEGUMES</b></p>
<p>10/30 Breakfast Pastry Pancakes/French Toast/Waffles</p> <p>Bacon Cheeseburger OR Cheese Stuffed Breadstick w/Marinara OR Popcorn Chicken Salad Crispy French Fries Seasoned Garden Peas Lettuce/Tomato/Pickle/Onion Garbanzo Beans Coleslaw Cucumber Dippers</p> <p><b>Make Room for LEGUMES</b></p>	<p>10/31 Yogurt w/Crackers Breakfast Pizza</p> <p>Fiesta Nachos OR Personal Pizza OR Chef Salad Refried Beans Seasoned Corn Lettuce/Tomato/Salsa Bean &amp; Corn Salsa Broccoli Dippers</p> <p><b>Make Room for LEGUMES</b></p>	<p>NATIONAL FARM to SCHOOL MONTH</p>	<p>farm to school Georgia</p>	<p>SCHOOL LUNCH RECIPES FOR SUCCESS</p>

### Farm 2 School This Month Features

- Apples
- Beans
- Broccoli
- Carrots
- Lettuce
- Sweet Potatoes
- Squash
- Tomatoes

**Daily Breakfast Choices:**  
Chicken or Sausage Biscuit  
Cereal w/Crackers  
100% Fruit Juice  
Chilled Fruit  
Fresh Fruit  
Milk

**Daily Lunch Choices:**  
Grill Line: Chicken Filet  
Sandwich or Chicken  
Tenders w/Veggie Choice  
Vegetarian Salad Option  
Grab-n-Go:  
Deli Sandwich /Wraps  
Fruit & Yogurt  
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