

JANUARY, 2012

WOODBURY HEIGHTS  
ELEMENTARY SCHOOL

| MONDAY                                    | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|---|--|--|--|--|
| 2<br>SCHOOL<br>CLOSED<br><br>WINTER BREAK | 3<br>Twin Tacos<br>Golden Corn<br>Lettuce and<br>Tomatoes<br>Chilled Peaches<br>Milk | 4<br>Chicken Parm Slider<br>Tossed Salad<br>Apples<br>Milk | 5<br>Cheese Steak<br>Sweet potato fries<br>Fresh fruit<br>Milk | 6<br>Pizza Day<br>Cheese<br>WW pasta &<br>vegetable salad<br>Oranges<br>Milk |

Menu Subject To Change Any Questions Please Call  
Tina Stiles Food Service Director at 856 -848- 8200 ext 237

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|---|---|--|---|--|
| 9<br>Chicken Nuggets<br>Wheat bread<br>Green Beans<br>Mixed fruit<br>Milk | 10<br>Open faced Hot<br>turkey Sandwich on<br>WH bread<br>Mashed Potato<br>Corn/Peaches<br>Milk | 11<br><br>12:45<br>DISMISSAL<br><br>NO LUNCH<br>SERVED | 12<br>Hot Ham & cheese<br>grinder<br>Carrot Sticks<br>Mixed Fruit<br>Milk | 13<br>Pizza Day<br>Cheese<br>Tossed Salad<br>Oranges<br>Milk |
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Pizza is made Fresh Every Friday from Domino's OR Bagel Bags

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| 16<br>SCHOOL<br>CLOSED<br><br>MARTIN LUTHER<br>KING, JR. DAY | 17<br>WG Pizza dippers<br>Romaine Cauliflower<br>salad<br>Chilled peaches<br>Milk | 18<br>Chicken Quesadilla<br>Tossed Salad<br>Grapes<br>Milk | 19<br>French toast Stick<br>Sausage<br>Apples Sauce<br>Milk | 20<br>Pizza Day<br>Cheese<br>WW pasta &<br>vegetable salad<br>Oranges<br>Milk |
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WG is for Whole grain: WH is for Whole Wheat

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| 23<br>Chicken Nuggets<br>Wheat bread<br>Carrot sticks w/ Dip<br>Apples<br>Milk | 24<br>Nachos Grande<br>Golden Corn<br>Lettuce and<br>Tomatoes<br>Chilled Peaches<br>Milk | 25<br>Grilled Cheese<br>Tomato Soup<br>Cucumber slices<br>Apples<br>Milk | 26<br>Pizza Burger<br>Tossed Salad<br>Chilled Pears<br>Milk | 27<br>Pizza Day<br>Cheese<br>Tossed Salad<br>Oranges<br>Milk |
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| 30<br>Chicken Nuggets<br>Wheat bread<br>Celery Sticks w/dip<br>Apples<br>Milk | 31<br>Pasta w/ Meat<br>sauce<br>Garlic bread<br>Tossed salad<br>Chilled Pears |  |  | <p>What is a Lunch?<br/>There are 5 Parts:</p> <ol style="list-style-type: none"> <li>1- meat/meat alternate</li> <li>2- Bread or grain</li> <li>3- Fruit</li> <li>4- vegetable</li> <li>5- Milk</li> </ol> <p>We offer all 5 but 3 are required</p> |
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Daily Alternates  
PB&J, Ham/Turkey/Tuna & Cheese  
Hoagie, Hot Dog, Chicken Patty,  
Cheese Burger, "Grilled"Chicken Caesar  
Salad, Garden Salad or Tuna Salad

The following is Included in a Meal

- 1) Choice of Vegetable - Featured Vegetable listed daily
- 2) Choice of 1 Fruit - Featured Fruit,
- 3) Choice of Milk - 1% or non fat White, Chocolate