



Woodside School
Lunch Menu
September 2011



	<u>Entrée</u>	<u>Side</u>	<u>Vegetable</u>	<u>Fruit</u>
Monday 9/5	No School			
Tuesday 9/6	No School			
Wednesday 9/7	Partial Day - No Hot Lunch			
Friday 9/9	No Hot Lunch			
Monday 9/12	No Hot Lunch			
Tuesday 9/13	No Hot Lunch			
Wednesday 9/14	No Hot Lunch			
Friday 9/16	No Hot Lunch			
Monday 9/19	Chicken Fingers	Whole Wheat Cous Cous	Broccoli w. Olive Oil & Sea Salt	Red Grapes
Tuesday 9/20	English Muffin, Egg and Turkey Bacon Sandwich	Roasted Fingerling Potatoes	Green Salad	Strawberries
Wednesday 9/21	BBQ Pork Ribs	Quinoa & Peas	Raw Carrots, Celery, Cucumber	Peaches
Friday 9/23	Shrimp Scampi	Brown Rice	Spinach w. Olive Oil & Sea Salt	Plum
Monday 9/26	Chicken Wrap	Corn on the Cob	Green Peas	Mango
Tuesday 9/27	French Toast	Hashed Brown Potatoes	Turkey Bacon	Watermelon
Wednesday 9/28	Roasted Turkey	Corn & Lima Beans w. Basil Pesto	Green Beans w. Olive Oil & Sea Salt	Pineapple
Friday 9/30	Hamburger	Spinach Salad	Raw Carrots, Celery, Cucumber	Banana

Daily alternative

Organic Brown Rice Penne w. Olive Oil/Marinara

Condiment Choices

Romano Cheese/Organic Ketchup/Salt/Pepper

Beverage

Fresh Clean Water

Price - \$5.50 per child per day/\$44.00 for September

Sign up forms are available on line at www.woodsideprincipal.com. Please make checks payable to 'WAS School Lunch Program'

Food selections are purchased from Whole Foods Market, Ridgewood, NJ.

All meat items are free of added hormones, antibiotics and artificial preservatives.

All fish items are wild caught and free of antibiotics, artificial coloring and preservatives.

All fruits and vegetables are either organic or locally grown and are free of artificial preservatives.

Whole Grains only

Oils used in cooking are non-GMO. Condiments are free of artificial preservatives, coloring and ingredients.

Menu selections are subject to change without notice

Allergen statement: All food is produced in a facility that also processes milk, wheat, nuts, and soy products.