

Menu Name : Woodbury Leadership Academy Grade 9 Lunch Menu
Grade Level / Age Group : 9-12 Grades

Options Provided : Hot & Hot Vegetarian Meals
Meal Pattern : NSLP Meal : Lunch

FEBRUARY - 2025

		Monday, February 3, 2025	Tuesday, February 4, 2025	Wednesday, February 5, 2025	Thursday, February 6, 2025	Friday, February 7, 2025		
Hot Meals		Buffalo Chicken Nuggets	BBQ Meatballs	Asian Noodles Bowl	Spicy Chicken Patty Sandwich	Cheese Pizza Quesadilla		Week VI
		Ranch Dip	Mashed Potatoes	Teriyaki Noodles with Asian Sesame Chicken	WG Bun & Ketchup	Mixed Greens Salad w/Dressing		
		Cheddar Crisps	Chilled Fruit Cocktail	Sliced Cucumbers & Dip	CKC Baked Beans & Carrot Slims	Large Crisp Varietal Apple		
		Baby Carrots & Dip	WG Roll & Birthday Cake Grahams	Bananas	Mandarin Orange Fruit Cup	Choice Milk		
	Cinnamon Apple Slices, 100% Fruit Juice Box & Choice Milk	100% Fruit Juice Box & Choice Milk	Choice Milk	Hot Cheetos, 100% Fruit Juice Box & Choice Milk	French Toast Grahams			
Hot Veg	Twisty Stuffed Breadsticks w/ Dip	Veggie Garden Burger w/Ketchup	French Pizza Bread	Grilled Cheese Sandwich	Vegetarian Stuffed Ravioli			
		Monday, February 10, 2025	Tuesday, February 11, 2025	Wednesday, February 12, 2025	Thursday, February 13, 2025	Friday, February 14, 2025		
Hot Meals		Smoky Cheeseburger	General Tso Chicken	All Beef Hot Dog	Brunch Lunch	Pizza Hand Pie		Week I
		WG Bun, BBQ Sauce, Ketchup & Shred Cheese	Steamed Brown Rice	WG Hot Dog Bun & Ketchup	French Toast Sticks & Syrup	Garden Greens Salad & Dressing		
		Baked Beans	Celery Sticks, Baby Carrots & Dip	Potato Stix & Ketchup	Carrot Slims & Dip	Large Crisp Varietal Apple		
		Cinnamon Apple Slices	Chilled Fruit Cocktail	Bananas	Frozen Fruit Cup	Choice Milk		
	WG Ranch Crackers, 100% Fruit Juice Box & Choice Milk	100% Fruit Juice Box & Choice Milk	Choice Milk	100% Fruit Juice Box & Choice Milk	Animal Crackers			
Hot Veg	Vegetarian Croissant Sandwich	Pizza Crunchers	Cheese Hot Pocket w/ Dipping Sauce	Cheesy Quesadilla	Veggie & Cheese Lasagna			
		Monday, February 17, 2025	Tuesday, February 18, 2025	Wednesday, February 19, 2025	Thursday, February 20, 2025	Friday, February 21, 2025		
Hot Meals		Soft Shell Tortilla Taco	Chili Chicken Drumstick	Mozzarella Burger	Asian Dumplings	Garlic Brushed French Bread Pizza		Week II
		WG Tortilla, Taco Seasoned Beef, Shred Cheese & Crema	Seasoned Rice	Ketchup	Teriyaki Sauce Dip	Broccoli, Baby Carrots & Dip		
		Street Corn Salad	Celery Sticks, Carrot Slims & Dip	CKC Baked Beans	Sliced Cucumbers & Dip	Large Crisp Varietal Apple		
		Cinnamon Apple Slices & 100% Fruit Juice Box	Chilled Fruit Cocktail	Bananas	Mandarin Orange Fruit Cup	Choice Milk		
	Scooby Grahams & Choice Milk	100% Fruit Juice Box & Choice Milk	Wheat Crackers & Choice Milk	100% Fruit Juice Box & Choice Milk	Strawberry Grahams			
Hot Veg	Bean & Cheese Burrito	Pizza Crunchers	Garden Mozzarella Burger w/Ketchup	Easy-Cheesy Pull Aparts	Creamy Mac & Cheese			
		Monday, February 24, 2025	Tuesday, February 25, 2025	Wednesday, February 26, 2025	Thursday, February 27, 2025	Friday, February 28, 2025		
Hot Meals		Crunch Wrap	Classic Beef Sloppy Joe	Sichuan Chicken	Pasta Bake w/ Red Sauce	Cheese Hot Pocket		Week III
		Wg Tortilla, Spicy Chicken Tenders	Traditional Sloppy Joe meat served on WG Bun & Shred Cheese served on side	Steamed Seasoned Rice	WG Penne w/ Grilled Chicken & Mozzarella	Warm Red Sauce		
		Shred Cheese & Boom Sauce		Sliced Cucumbers & Dip	Mixed Greens Salad & Dressing	Potato Rounds w/ Ketchup		
		Baby Carrots	CKC Baked Beans & Crisp Celery	Bananas	Frozen Fruit Cup	Baby Carrots		
	Cinnamon Apple Slices, 100% Fruit Juice Box & Choice Milk	Flamas, Chilled Fruit Cocktail, 100% Fruit Juice Box & Choice Milk	Choice Milk	Wafers, 100% Fruit Juice Box & Choice Milk	Large Crisp Varietal Apple & Choice Milk			
Hot Veg	Fluffy Omelet, Buttermilk Pancakes & Syrup	Cheesy Quesadilla	French Bread	Veg Garden Nuggets w/ Ketchup	Multi Cheese Croissant Sandwich			

Proteins in School Meals

Protein gets a lot of attention these days. In school meals, we categorize protein-rich foods as "meat and meat alternatives." These include lean meats such as poultry and beef, beans/legumes and cheese. By offering a variety of options on our menus, we accommodate a range of dietary preferences and needs.

These foods are rich sources of protein, essential for building and repairing tissues, supporting immune function, and maintaining overall health. Additionally, they provide vital nutrients such as iron, zinc and B vitamins, which are crucial for cognitive function, energy metabolism and overall well-being.

*** Hot Vegetarian meals are served with vegetables, fruit of the day & milk.

Skim & 1% milk served daily.

All bread /bread products /chips /tortillas /pastas listed in the menu are whole grain products.

This menu is 100% pork-free.

All rice dishes /rice products are made of whole grain brown rice.

MARCH 2025 Menu (Subject to Change)						
	Monday, March 3, 2025	Tuesday, March 4, 2025	Wednesday, March 5, 2025	Thursday, March 6, 2025	Friday, March 7, 2025	
Hot Meals	Spicy Coco-Lime Chicken Drumstick	Chicken Enchilada Crunch Lunch	The Cheeseburger , that Never Gets Old-Fashioned	Golden Corn Dog	Twisted Cheesy Breadsticks	Week IV
	Warm Seasoned Rice	Seasoned Chicken Enchilada with Fritos Corn Chips for a crunchy base Served with Cheese on side	WG Bun, Cheese Slice & Ketchup	WG Chicken Corn Dog served with Ketchup	Warm Red Sauce	
	Baby Carrots	Pinto Beans, Celery Sticks & Chilled Fruit Cocktail	Crispy Ranch Crackers	Seasoned Corn & Wafers	Broccoli Florets, Carrot Slims & Dip	
	Cinnamon Apple Slices	Mixed Berry Grahams, 100% Fruit Juice Box & Choice Milk	Cucumber Slices & Dressing	Mandarin Orange Fruit Cup	Large Crisp Varietal Apple	
Hot Veg	<i>100% Fruit Juice Box & Choice Milk</i>	<i>Cheese Mostaccioli & WG roll</i>	<i>Easy-Cheesy Pull Apart</i>	<i>Mac & Cheese Bites w/ Ranch</i>	<i>Cheese Calzone</i>	<i>Grilled Cheese Sandwich w/ Amercian Cheese</i>
	Monday, March 10, 2025	Tuesday, March 11, 2025	Wednesday, March 12, 2025	Thursday, March 13, 2025	Friday, March 14, 2025	
Hot Meals	Spicy Chicken Tenders & Youza Sauce	Walking Taco	Hot Honey Beef Noodles	Chinese Teriyaki Chicken	Cheese Hot Pocket	Week V
	Baby Carrots & Dip	Beef Taco Meat, Nacho Cheese Doritos, Shred Cheese & Crema	Mixed Greens Salad & Dressing	Steamed Seasoned Rice	Cold Italian Dip	
	Cinnamon Apple Slices	Cheesy Refried Beans	Bananas	Crisp Broccoli, Baby Carrots & Dip	Steamed Corn	
	WG Roll	Chilled Fruit Cocktail	Choice Milk	Frozen Fruit Cup	Large Crisp Varietal Apple	
Hot Veg	<i>100% Fruit Juice Box & Choice Milk</i>	<i>Vanilla Chat-Snax, 100% Fruit Juice Box & Choice Milk</i>	<i>Veggie & Cheese Lasagna & Grahams</i>	<i>French Pizza Bread</i>	<i>Multi Cheese Croissant Sandwich</i>	
	<i>Fluffy Omelet, Buttermilk Pancakes & Syrup</i>	<i>Bean & Cheese Pupusa w/ Boom Sauce</i>				