

Woodford County High

Breakfast Menu 2018/2019



| | Mon. | Tues. | Wed. | Thurs. | Fri. |
|------|--|---|--|---|---|
| Wk 1 | Sausage Egg & Cheese Biscuit (28) Chicken Biscuit (32) Chocolate Strawberry Parfait (36) | Bacon Egg & Cheese Bagel (30) Sausage Egg & Cheese Biscuit (28) Very Berry Parfait (24) | Katie's Chicken Bacon Biscuit (32) Ginny's Waffles (37) Syrup (31) Chocolate Strawberry Parfait (36) | Big Breakfast! Sausage Egg & cheese Biscuit (28) Parfait of the Day- (24) | Bacon Breakfast Pizza (25) Ham & Pepper jack Croissant (35) Very Berry Parfait (24) |
| Wk 2 | Sausage Egg & Cheese Biscuit (28) Chicken Biscuit (32) Chocolate Strawberry Parfait (36) | Bacon Egg & Cheese Bagel (30) Sausage Egg & Cheese Biscuit (28) Very Berry Parfait (24) | Katie's Chicken Bacon Biscuit (32) Powdered Donut Holes (32) Chocolate Strawberry Parfait (36) | Eggs (1) Sausage (1) Biscuit (25) Hash Brown (29) Gravy (6) | Bacon Breakfast Pizza (25) Ham & Pepper jack Croissant (35) Very Berry Parfait (24) |
| Wk 3 | Sausage Egg & Cheese Biscuit (28) Chicken Biscuit (32) Chocolate Strawberry Parfait (36) | Bacon Egg & Cheese Bagel (30) Sausage Egg & Cheese Biscuit (28) Very Berry Parfait (24) | Katie's Chicken Bacon Biscuit (32) Powdered Donut (31) Chocolate Strawberry Parfait (36) | | Bacon Breakfast Pizza (25) Ham & Pepper jack Croissant (35) Very Berry Parfait (24) |

Pop Tart Strawberry (75)
Pop Tart Fudge (76)
Pop Tart Cinnamon (76)
Pop Tart Blueberry (76)

Cinnamon Toast Crunch (22) FF Milk- (11) AJ- (14)
Froot Loops (24) 1% Milk- (11) OJ- (14)
Cocoa Puffs (25) Chocolate Milk- (20) GJ- (19)

*Menus will change due to seasonal availability & student preferences.
Please go to WC Schools Food Service Website for full menu with
nutritional data and images:*
<http://www.woodford.kyschools.us/content/18>

Pineapple- (13) Banana- (27) Orange- (21)
Fruit Salad-(6) Peach Cup- (19) Craisins- (28)
Apple Slices- (7) Strawberry Cup- (22)

"The USDA is an equal opportunity provider & employer"

| May | | | | |
|-----|----|----|----|----|
| M | T | W | Th | F |
| 6 | 7 | 8 | 9 | 10 |
| 13 | 14 | 15 | 16 | 17 |
| 20 | 21 | 22 | 23 | 24 |

| August | | | | | September | | | | | October | | | | | November | | | | | December | | | | | January | | | | | February | | | | | March | | | | | April | | | | |
|--------|----|----|----|----|-----------|----|----|----|----|---------|----|----|----|----|----------|----|----|----|----|----------|----|----|----|----|---------|----|----|----|----|----------|----|----|----|----|-------|----|----|----|----|-------|----|----|----|----|
| M | T | W | Th | F | M | T | W | Th | F | M | T | W | Th | F | M | T | W | Th | F | M | T | W | Th | F | M | T | W | Th | F | M | T | W | Th | F | M | T | W | Th | F | M | T | W | Th | F |
| 6 | 7 | 8 | 9 | 10 | 3 | 4 | 5 | 6 | 7 | 1 | 2 | 3 | 4 | 5 | 5 | 6 | 7 | 8 | 9 | 3 | 4 | 5 | 6 | 7 | 7 | 8 | 9 | 10 | 11 | 4 | 5 | 6 | 7 | 8 | 4 | 5 | 6 | 7 | 8 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 12 | 13 | 14 | 15 | 16 | 10 | 11 | 12 | 13 | 14 | 14 | 15 | 16 | 17 | 18 | 11 | 12 | 13 | 14 | 15 | 11 | 12 | 13 | 14 | 15 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 19 | 20 | 21 | 22 | 23 | 17 | 18 | 19 | 20 | 21 | 21 | 22 | 23 | 24 | 25 | 18 | 19 | 20 | 21 | 22 | 18 | 19 | 20 | 21 | 22 | 22 | 21 | 22 | 23 | 24 |
| 27 | 28 | 29 | 30 | 31 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 1 | 2 | 26 | 27 | 28 | 29 | 30 | 1 | 2 | 3 | 4 | 5 | 28 | 29 | 30 | 31 | 1 | 25 | 26 | 27 | 28 | 29 | 25 | 26 | 27 | 28 | 29 | 29 | 30 | 1 | 2 | 3 |

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|-----------------------------|---|---|---|---|--|
| Wk 1 | Salisbury Steak (4) w/ brown gravy (5) & Mashed Potato (14) Sweet Yeast Roll (22) | Chicken (2) or Beef (2) Soft Flour Shells (14) Tacos Mexican Fiesta Rice (43) | Little Caesar's Pizza Pizza! Cheese (31) Pepperoni (31) Sausage (31) Carnival Cookie (27) | Mandarin (19) or Sriracha (20)Chicken Egg Roll (22)/ Fried Rice (21) Snap Peas (2) Fortune Cookie | Meatballs(5)/ Spaghetti(42)/ Rotini (41) Marinara(13)/ Alfredo(5) Cheesy Breadstick (16) |
| Wk 2 | Roast Turkey (5) & Baked Potato (15) Bar Sweet Yeast Roll (22) | Beef (2) or Chicken (2) Nachos Top n Go Doritos (28)or Tostitos (29) w/ Queso (2) | Chicken Tenders (15) Basket Mashed Potatoes (14)/ Corn (16) Sweet Yeast Roll (22) Carnival Cookie (27) | Ballpark Hot Dog (1) Bun (29) Chili (8)& cheese (2) Crispy Fries (21) | Mama's Meat Sauce (8)/ Alfredo Spaghetti (42)/ Rotini (41) Cheesy Breadstick (16) |
| Wk 3 | Marinated Pork Loin Roast (1) & Baked Potato (15) Bar Sweet Yeast Roll (22) | Burrito Bowl w/ Taco (2) or Chicken (2) Plain (14) or Jalapeno Cheese Shell/ Rice (43) Corn & Black Beans (24) | Mini Corn Dogs (33) Curly Fries (25) Carnival Cookie (27) | Mandarin (19) or Sriracha (20)Chicken Egg Roll (22)/ Fried Rice (21) Fortune Cookie Snap Peas (2) | Mac & Cheese (54) Bar w/ Ham (1), bacon (1) chicken (1) Jalapenos(1), corn & black beans (24), Shredded cheeses(1), Breadstick (16) |
| Daily Entree Options | Big Daddy Pizza Bar Buffalo Chicken (35) Cheese (36) Pepperoni (43) Hamburger (0) Bun (28) smiley fries (20) Chef Salad (12) | French Bread Pizza Bar Pepperoni Pizza (33) or Cheese (30) Spicy (13) or Chicken Patty (15) Bun (28) w/ crispy fries (21) Chef Salad (12) | Big Daddy Pizza Bar w/ Bacon Pizza (36) Cheese (36) Pepperoni (43) Mini Chicken (7) or Burger (2) Sliders Bun (19) w/ onion rings (28) Chef Salad (12) | Pizza Quesadilla Bar Chicken (37) or Cheese (39) Spicy (13) or Dill Patty (15) Bun (28) Chef Salad (12) | Big Daddy Pizza 4 Meat pizza (36) Cheese (36) Pepperoni (43) My-Way Substation Bar Choice of Ham (48), Turkey (45) or Chicken (45) Chef Salad (12) |
| Daily Side Options | Fresh Roasted Broccoli (3) Woodford Salad (3.5) | Sweet Corn (16) Refried Beans (23)/ Baked Beans (30) | BLT Salad (13) Celery Sticks (2) | Baby Carrots (8) | Fun- flavored Applesauce TRY DAY FRIDAY FRUIT! |

- Condiments:**
- Ranch pkt - 9
 - Italian pkt. 2
 - Ketchup pkt.-3
 - Ketchup dip- 8
 - Mayo- 1
 - Mustard- 0
 - Hidden Valley cup (7)
 - Margaine- 0
 - Sour Cream- 4
 - Salsa- 3
 - Cheese Shredded- 1
 - Cheese Slice- 2

- Fruit:**
- Pineapple- (13)
 - Banana- (27)
 - Orange- (21)
 - Fruit Salad-(6)
 - Peach Cup- (19)
 - Craisins- (28)
 - Apple Slices- (7)
 - Strawberry Cup- (22)
 - Applesauce- (17)

FF Milk- (11)
1% Milk- (11)
Chocolate Milk-(20)

| May | | | | |
|-----|----|----|----|----|
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| 6 | 7 | 8 | 9 | 10 |
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| 6 | 7 | 8 | 9 | 10 | 3 | 4 | 5 | 6 | 7 | 1 | 2 | 3 | 4 | 5 | 5 | 6 | 7 | 8 | 9 | 3 | 4 | 5 | 6 | 7 | 7 | 8 | 9 | 10 | 11 | 4 | 5 | 6 | 7 | 8 | 4 | 5 | 6 | 7 | 8 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 10 | 11 | 12 | 13 | 14 | 14 | 15 | 16 | 17 | 18 | 11 | 12 | 13 | 14 | 15 | 11 | 12 | 13 | 14 | 15 | 11 | 12 | 13 | 14 | 15 | 18 | 19 | 20 | 21 | 22 | 18 | 19 | 20 | 21 | 22 | 18 | 19 | 20 | 21 | 22 | 21 | 22 | 23 | 24 | 25 | 17 | 18 | 19 | 20 | 21 | 18 | 19 | 20 | 21 | 22 | 3 | 4 | 28 | 29 | 30 | 3 | 4 | 28 | 29 | 30 | 1 | 25 | 26 | 27 | 28 | 1 | 25 | 26 | 27 | 28 | 28 | 29 | 29 | 30 | 1 | 25 | 26 | 27 | 28 | 29 | 29 | 30 | 1 | 2 | 3 |