

# Woodford County Middle

## Breakfast Menu 2018/2019

**Meal Prices:**  
 Paid: \$1.30  
 Reduced: \$.30  
 Free- No Cost  
 Adult: \$2.50

Every breakfast includes choice of low fat milk, fresh fruit, whole grains, protein rich options, 100% fruit juice.

	Mon.	Tues.	Wed.	Thurs.	Fri.
Wk 1	Sausage Egg & Cheese Biscuit Chocolate Strawberry Parfait	Bacon Egg & Cheese Croissant Very Berry Parfait	Chicken Croissant Ginny's Waffles Chocolate Strawberry Parfait	Big Breakfast! Sausage Egg & cheese Biscuit Parfait of the Day	Bacon Breakfast Pizza Ham & Pepper jack Croissant Very Berry Parfait
Wk 2	Sausage Egg & Cheese Biscuit Chocolate Strawberry Parfait	Bacon Egg & Cheese Croissant Very Berry Parfait	Chicken Croissant Powdered Donut Holes Chocolate Strawberry Parfait	Big Breakfast! Sausage Egg & cheese Biscuit Parfait of the Day	Bacon Breakfast Pizza Ham & Pepper jack Croissant Very Berry Parfait
Wk 3	Sausage Egg & Cheese Biscuit Chocolate Strawberry Parfait	Bacon Egg & Cheese Croissant Very Berry Parfait	Chicken Croissant Powdered Donut Chocolate Strawberry Parfait	Big Breakfast! Sausage Egg & cheese Biscuit Parfait of the Day	Bacon Breakfast Pizza Ham & Pepper jack Croissant Very Berry Parfait



Students who eat breakfast have improved memory, problem-solving skills, verbal fluency and creative abilities.

Choice of WG Pop Tart or Cereal & Toast Daily

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>



WCMS Food Service Manager:  
 Patricia O'Nan  
 patricia.onan@woodford.kyschools.us  
 (859) 879-4657 ext. 5941

We value locally-sourced, fresh, high quality, minimally processed foods.  
 Our passion & commitment is to  
 "Feed Woodford County's Future"

"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									
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**Meal Prices:**  
 Paid: \$2.80  
 Reduced: \$.40  
 Free- No Cost  
 Adult: \$4.00

"The USDA is an equal opportunity provider & employer."

	Mon. Protein & Potato Bar	Tues. Taco-style Tuesday	Wed. Fave's & a cookie	Thurs. Asian Bowl	Fri. Build Your Own Pasta Bar
<b>Wk 1</b>	Salisbury Steak w/ brown gravy & Mashed Potato Sweet Yeast Roll	Chicken or Beef Soft Tacos Mexican Fiesta Rice	Little Caesar's Pizza Pizza! Carnival Cookie	Mandarin or Sriracha Chicken Egg Roll/ Fried Rice Snap Peas Fortune Cookie	Meatballs/ Spaghetti/ Rotini Marinara/ Alfredo Cheesy Breadstick
<b>Wk 2</b>	Roast Turkey & Baked Potato Bar Sweet Yeast Roll	Beef or Chicken Nachos Top n Go Doritos or Tostitos w/ Jalapeno Queso	Chicken Tenders Basket Mashed Potatoes/ Corn Sweet Yeast Roll Carnival Cookie	Ballpark Hot Dog Chili & cheese Crispy Fries	Mama's Meat Sauce/ Alfredo Spaghetti/ Rotini Cheesy Breadstick
<b>Wk 3</b>	Marinated Pork Loin Roast & Baked Potato Bar Sweet Yeast Roll	Burrito Bowl w/ Taco or Chicken Plain or Jalapeno Cheese Shell/ Rice Corn & Black Beans	Mini Corn Dogs Curly Fries Carnival Cookie	Mandarin or Sriracha Chicken Egg Roll/ Fried Rice Fortune Cookie Snap Peas	Mac & Cheese Bar w/ Ham, bacon, chicken Jalapenos, corn, black beans, Shredded cheeses, Breadstick
Daily Entree Options	Big Daddy Pizza Bar w/ Buffalo Chicken Hamburger Bar w/ smiley fries Farm Fresh Salad Bar	French Bread Pizza Bar Spicy or Mild Chicken Patty w/ crispy fries Farm Fresh Salad Bar	Big Daddy Pizza Bar w/ Bacon Pizza Beef/ Chicken Sliders Bar w/ onion rings Farm Fresh Salad Bar	Pizza Quesadilla Bar Spicy or Mild Chicken Patty Farm Fresh Salad Bar	Big Daddy Pizza Bar w/ 4 Meat pizza My-Way Substation Bar Farm Fresh Salad Bar & Soup
Daily Side Options	Fresh Roasted Broccoli Woodford Salad Fruit cup/ Orange Wedges	Taco- Ultra Bar Trimmings Sweet Corn Refried Beans/ Baked Beans Apple Slices Sweet Pineapple Chunks	BLT Salad Celery Sticks w/ Hidden Valley cup Fun-Flavored Applesauce Strawberry Craisins	Super Sandwich Toppings Baby Carrots w/ Hidden Valley cup Banana Farm- Fresh Fruit Salad	Fun- flavored Applesauce TRY DAY FRIDAY FRUIT! (Try a new fruit on Fridays!) Celery & Carrot Sticks

Each Meal option includes choice of low fat milk, fresh fruits/ vegetables, whole grains & lean protein- rich options.

May				
M	T	W	Th	F
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13	14	15	16	17
20	21	22	23	24

August					September					October					November					December					January					February					March					April																																																																																																												
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