


WOODLAND HILLS SCHOOL
 JUNIOR HIGH SCHOOL LUNCH MENU
 April 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Milk Choices Offered Daily 1% White, LF White LF Choc. LF Vanilla, LF Strawberry</p>	<p>Questions or comments? Please call the Food Service Office at 412-244-1100 x5170</p>	<p>Happy April Fools Day!! </p>	<p>1 Buffalo Chicken Wrap Broccoli w/Cheese Sauce Choice of Fruit Choice of Milk</p>	<p>2 District Holiday *** No School</p>
<p>5 Chili Cheese Hot Dog on a Bun Homemade Corn Bread Confetti Cole Slaw Warm Baked Apple Slices Choice of Milk</p>	<p>6 Balanced Choices Meal: Open Faced Hot Turkey Sandwich w/Gravy on Whole Wheat Bread Mashed Potatoes Seasoned Green Beans Cranberry Sauce CHOICE OF MILK</p>	<p>7 BAJA FLATS Oriental Rice & Noodle Bar</p>	<p>8 Triple Decker Toasted Cheese Sandwich Tomato Soup Seasoned Collard Greens Choice of Fruit Choice of Milk</p>	<p>9 Bacon & Swiss Quiche Seasoned Peas Apple Salad Choice of Milk</p>
<p>12 Balanced Choices Meal: Sweet N' Sour Baked & Breaded Popcorn Chicken White Rice Seasoned Broccoli Fresh Orange Choice of Milk</p>	<p>13 Rigatoni w/ Four Cheeses Whole Wheat Dinner Roll Seasoned Green Beans Chilled Peas Choice of Milk</p>	<p>14 BAJA FLATS Build a Better Burger</p>	<p>15 Balanced Choices Meal: Kielbasa and Red Beans Oven Rice Broccoli Salad Fresh Apple Choice of Milk</p>	<p>16 Oven Baked & Breaded Hot N' Spicy Chicken Tenders Whole Wheat Dinner Roll Seasoned Peas Chilled Applesauce Choice of Milk</p>
<p>19 Balanced Choices Meal: Oven Baked BBQ Chicken Cheesy Macaroni Biscuit Seasoned Broccoli Fresh Apple Choice of Milk</p>	<p>20 Beef Tacos Mexican Corn Rainbow Apples Choice of Milk</p>	<p>21 BAJA FLATS Brunch For Lunch</p>	<p>22 Chicken Snack Wraps Brown Rice Pilaf Seasoned Peas Chilled Mixed Fruit Choice of Milk</p>	<p>23 Homemade Baked Macaroni and Cheese Whole Wheat Dinner Roll Stewed Tomatoes Rosy Applesauce Choice of Milk</p>
<p>26 Chicken Nachos Sweet Corn Salad Choice of Fruit Choice of Milk</p>	<p>27 Balanced Choices Meal: BBQ Pork Riblet Sandwich on a Whole Wheat Bun Seasoned Mixed Vegetables Chilled Pineapple CHOICE OF MILK</p>	<p>28 BAJA FLATS Philadelphia Cheesesteak Bar</p>	<p>29 Salisbury Steak Mashed Potatoes w/Gravy Seasoned Green Beans Fresh Orange Wedges Choice of Milk</p>	<p>30 Mini Pretzel Dogs Oven Baked Tater Tots Seasoned Peas Warm Baked Apple Slices Choice of Milk</p>



Outtakes
QUICK CUISINE

Available Daily

Assorted Packaged
 Wild Greens Salads
 Offered with Crackers & a
 choice of milk

Pre-made specialty
 sandwiches and
 wraps
 Offered with fresh fruit & a
 choice of low fat milk

*Sandwich
 Central*

Deli Sandwiches
 Made Fresh *Made
 Your way

1 Bakery Fresh Rolls, Wraps or Sliced Breads
 Choose a filling from:
 Premium Deli Meats and Assorted Cheeses
 Add your toppings:
 Crisp Lettuce, Tomatoes, Onions, Pickles, Peppers & More
 Finish it off with your favorite dressing, mayonnaise, mustard or
 Italian dressing
 All Sandwich Central Sandwiches are offered with a
 scoop of pasta salad and a choice of fresh fruit,
 tossed salad
 and a choice of Milk

Available Daily:

Hamburger, Cheeseburger and Chicken Patties or select a
 sandwich or wrap from our specialty menu.

Offered Daily
Our Signature Pizza

**Classic Cheese * Pepperoni * Specialty Topped
 OR
 Stuffed Hot Breads or Our Special Rip & Dip**

All Trattoria Entrees offered with a tossed salad,
 Fresh seasonal fruit and a choice of Milk