



Woburn High & Middle School Lunch Menu

January 2020

Happy
New Year
2020!!!

2
Warm WG Pretzel Roll W/Cheese Sauce
Seasoned Corn
Celery/Carrot Sticks
Apples/Oranges
Mixed Fruit Cup
Ice Cold Milk

3
Cheese Ravioli W/Marinara Sauce
Garden Salad
Celery/Carrot Sticks
Apples/Oranges
Mixed Fruit Cup
Ice Cold Milk

6
Chicken Waffle Sandwich
Steamed Corn
Celery/Carrot Sticks
Apples/Oranges
Mixed Fruit Cup
Ice Cold Milk

7
Bacon Cheeseburger
Oven Baked Fries
Garbanzo Beans
Celery/Carrot Sticks
Apples/Oranges
Mixed Fruit Cup
Ice Cold Milk

8
Waffle Bar
Oven Baked Puffs
Celery/Carrot Sticks
Apples/Oranges
Mixed Fruit Cup
Ice Cold Milk

9
Turkey Dinner W/Mashed Potato
Seasoned Corn
Celery/Carrot Sticks
Apples/Oranges
Mixed Fruit Cup
Ice Cold Milk

10
Chicken Alfredo & Broccoli
Celery/Carrot Sticks
Apples/Oranges
Mixed Fruit Cup
Ice Cold Milk

13
Grilled Cheese & Chicken Noodle Soup
Garbanzo Beans
Celery/Carrot Sticks
Apples/Oranges
Mixed Fruit Cup
Ice Cold Milk

14
Rotini & Meat Sauce
Seasoned Corn
Celery/Carrot Sticks
Apples/Oranges
Mixed Fruit Cup
Ice Cold Milk

15
Waffle Bar
Oven Baked Puffs
Celery/Carrot Sticks
Apples/Oranges
Mixed Fruit Cup
Ice Cold Milk

16
Steak & Cheese Sub
Steamed Carrots
Celery/Carrot Sticks
Apples/Oranges
Mixed Fruit Cup
Ice Cold Milk

17
Sweet & Sour Chicken Over Rice
Steamed Broccoli
Celery/Carrot Sticks
Apples/Oranges
Mixed Fruit Cup
Ice Cold Milk

20
Popcorn Chicken Bowl
Seasoned Corn
Celery/Carrot Sticks
Apples/Oranges
Mixed Fruit Cup
Ice Cold Milk

21
BBQ Pork Rib Sandwich
Garbanzo Beans
Celery/Carrot Sticks
Apples/Oranges
Mixed Fruit Cup
Ice Cold Milk

22
Waffle Bar
Oven Baked Puffs
Celery/Carrot Sticks
Apples/Oranges
Mixed Fruit Cup
Ice Cold Milk

23
Meatball Sub W/Melted Mozzarella
Steamed Carrots
Celery/Carrot Sticks
Apples/Oranges
Mixed Fruit Cup
Ice Cold Milk

24
Cheese Ravioli W/Marinara Sauce
Garden Salad
Celery/Carrot Sticks
Apples/Oranges
Mixed Fruit Cup
Ice Cold Milk

27
French Toast W/Chicken Sausage
Oven Baked Puffs
Celery/Carrot Sticks
Apples/Oranges
Mixed Fruit Cup
Ice Cold Milk

28
4 OZ. All White Meat Chicken Breast BLT Sandwich
Garbanzo Beans
Celery/Carrot Sticks
Apples/Oranges
Mixed Fruit Cup

29
Waffle Bar
Oven Baked Puffs
Celery/Carrot Sticks
Apples/Oranges
Mixed Fruit Cup
Ice Cold Milk

30
Buffalo or Plain Chicken Tenders
Curly Fries
Celery/Carrot Sticks
Apples/Oranges
Mixed Fruit Cup
Ice Cold Milk

31
Grilled Cheese & Chicken Noodle Soup
Garbanzo Beans
Celery/Carrot Sticks
Apples/Oranges
Mixed Fruit Cup
Ice Cold Milk

Daily Options..... Deli Bar, Pizza Bar, Nacho Bar, Chipotle Bar, Chicken Patty Sandwich, Spicy Chicken Patty, Cheeseburger, Hamburger, Pizza Sticks w/Marinara, Chicken Nuggets, Protein Packs, Asst. Salads

All Meals served w/fruit, vegetable and milk

Paid Lunch – HS =\$3.00 MS=\$2.75