

# NEXUS WOODBOURNE

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Cereal Milk Fruit Juice English Muffin Turkey Sausage	Cereal Milk Fruit Juice Egg Patty Whole Grain Waffle Hashbrown	Cereal Milk Fruit Juice Whole Wheat French Toast Sticks Turkey Bacon	Cereal Milk Fruit Juice Egg Patty Whole Wheat Biscuit Hashbrown	Cereal Milk Fruit Juice Turkey Sausage Whole Wheat Pancakes	Cereal Milk Fruit Juice Egg Patty Whole Wheat Waffle Hashbrown	Cereal Milk Fruit Juice Turkey Sausage Links Whole Wheat French Toast stx
LUNCH	Grilled Chicken Kabaobs Brown Rice Pilaf Collard Greens Salad Bar Fruit Water Milk	Turkey and Cheese Subs WW Hoagie Baked Chips Salad Bar Fruit Water Milk	Blackened Chicken Salad (P) WW Roll Fruit Water Milk	Turkey Meatball and Marinara WW Hoagie Lemon Broccoli Salad Bar Fruit Water Milk	8 pc. Rotisserie Chicken Garlic and Herb Brown Rice Corn on the Cob Salad Bar Fruit Water Milk	Fresh Made Chef Salad WW Roll Fruit Water Milk	Buffalo Chicken Sandwich WW Roll Carrots Blk Eye Peas Salad Bar Fruit Juice Milk
DINNER	<b>Monday Italian</b> Chicken Fettuccine Alfredo Roasted Broccoli Garlic Texas Toast/Breadstick	<b>Taco Tuesday</b> Beef Picadillo Tacos (soft shell) Cilantro Lime Brown Rice Roasted Corn Salsa/Sour Cream/Cheese/ Jalapenos	<b>Wingn'it                      Wednesday</b> Spicy Bone-in Wings Onion Rings Celery and Carrot Sticks Ranch Dip	<b>Teriyaki                      Thursday</b> Beef Pepper Steak WW Lo Mein Vege Spring Rolls	<b>Fun food                      Friday</b> Beef Hot Dog WW Bun All Condiments Curly Fries Mozz Stix	<b>Saturday Cook                      Out</b> Cheeseburgers WW Bun All condiments Baked Beans Macaroni Salad	<b>Soul Food                      Sunday</b> Fried Chicken Mac n' Chz Green Peas Cornbread

Vegetarian Options Are Available upon request. Nexus-Woodbourne is an equal opportunity. \*Menu is subject to change\*

# NEXUS WOODBOURNE

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Cereal Milk Fruit Juice Turkey Sausage Pattie English Muffin	Cereal Milk Fruit Juice Egg Patty Whole Grain Waffle Hashbrown	Cereal Milk Fruit Juice Turkey Sausage Link Wheat French Toast	Cereal Milk Fruit Juice Turkey Bacon Wheat Biscuit	Cereal Milk Fruit Juice Turkey Sausage Pattie Wheat English Muffin	Cereal Milk Fruit Juice Egg Wheat Pancake Hashbrown	Cereal Milk Fruit Juice Turkey Sausage Link Wheat Biscuit
LUNCH	Turkey Swedish Meatballs Brown Rice Roasted Vegetable Medley Salad Bar Fruit Water Milk	Ham and Cheese Subs WW Hoagie Baked Chips Salad Bar Fruit Water Milk	Roasted Chicken Caesar Salad w/ Spinach WW Pita Points Fruit Water Milk	Grilled Cheese WW Bread Sauteed Green Beans Roasted Potatoes Salad Bar Fruit Water Milk	Salisbury Steak and Gravy Garlic and Herb Brown Rice Lima Beans Salad Bar Fruit Water Milk	Fried Fish Old Bay Fries Lemon Pepper Broccoli Salad Bar Hot Sauce Tartar Sauce Fruit Water Milk	BBQ Chicken Breast Roasted Sweet Potatoes Sautéed Spinach Salad Bar Fruit Water Milk
DINNER	Chicken Parmesan WW Pasta Roasted Vegetables Garlic Bread	Chicken Fajita w/ Onions and Peppers Flour Tortillas Brown Rice Corn Salsa/Sour Cream/Cheese	Bone-In Wings Onion Rings Celery and Carrot Sticks Ranch Dip	Sesame Chicken with Broccoli Fried Rice Mini Egg rolls Soy Sauce	Chicken Tenders Curly Fries Pasta/Mac Salad Honey Mustard Dip	Cheeseburger Whole Wheat Bun Potato Salad Baked Beans	Pepperoni French Bread Pizza Sweet Potato Tots Tossed Salad

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# NEXUS WOODBOURNE

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Cereal Fruit Milk Juice Whole Wheat Waffles Turkey Sausage	Cereal Fruit Milk Juice WW Biscuit Egg Patty Hashbrown	Cereal Fruit Milk Juice Turkey Sausage Patty WW Pancakes	Cereal Fruit Milk Juice Whole Wheat English Muffin Egg and Cheese	Cereal Fruit Milk Juice Turkey Bacon French Toast Sticks	Cereal Fruit Milk Juice Whole Wheat Biscuit Egg Patty Hashbrown	Cereal Fruit Milk Juice English Muffin Turkey Sausage Patty
LUNCH	Sweet & Sour Meatballs Brown Rice Steam Broccoli Peas and Carrots Salad Bar Fruit Water Milk	Turkey and Swiss Melts WW Bun Baked Chips Salad Bar Fruit Water Milk	Grilled Buffalo Chicken Sandwich WW Bun Roasted Broccoli Salad Bar Fruit Water Milk	Turkey Meatballs and Marinara WW Spaghetti Scalded Green Beans Caesar Salad Fruit Milk Water	Lemon Pepper Chicken Garlic and Herb Rice Baby Carrots w/ Dill Salad Bar Fruit Water Milk	Rotisserie Chicken Caesar Salad Roasted Potatoes WW Roll Fruit Water Milk	Turkey Pattie Mashed Potatoes & gravy Black Eye Peas Salad Bar WW Roll Fruit Water Milk
DINNER	Chicken Alfredo Whole Wheat Pasta Roasted Vegetables Garlic Texas Toast /breadstick	Chicken Quesadilla Fajita Rice Roasted Street Corn Salsa/Sour Cream	Spicy Bone- in Wings Onion Rings Celery and Carrot Sticks Ranch Dip	Steak Teriyaki WW Lo Mein Chinese Cabbage Veggie Egg Roll	Chili Cheese Dog Tater tots Pasta Salad	Cheeseburger Curly Fries Broccoli and Cheese	Fried Pork Chops Buttered Noodles Collard Greens

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# NEXUS WOODBOURNE

WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Cereal Fruit Milk Juice Whole Wheat Waffles Turkey Sausage Links	Cereal Fruit Milk Juice Whole Wheat Pancakes Egg Patty Hashbrown	Cereal Milk Fruit Juice Turkey Sausage Patties WW Biscuit	Cereal Fruit Milk Juice WW Eng. Muffin Egg Patty Hashbrown	Cereal Fruit Milk Juice Turkey Bacon French Toast Stick	Cereal Apple Milk Juice Whole Wheat Biscuit Egg Patty Hashbrown	Cereal Fruit Milk Juice WW Pancake Turkey Sausage
LUNCH	Turkey Bratwurst Onions and Peppers WW Roll Sau Carrot Salad Bar Fruit Water Milk	Roast Beef and Cheddar Melt WW Bun Baked Chips Salad Bar Fruit Water Milk	Buffalo Roasted Chicken Salad Rom Lett. WW Pita Br1/2 Fruit Milk Water	Lemon Pepper Chicken Roasted Potatoes Gr Beans Salad Bar Fruit Water Milk	Roasted Chicken Lima Beans Sweet Mashed Potatoes Salad Bar Fruit Water Milk	All Beef Hot Dog WW Bun Tater Tots Salad Bar Fruit Water Milk	Turkey Bolognese WW Penne Pasta Roasted Broccoli Salad Bar Fruit Water Milk
DINNER	Chicken Parmesan WW Pasta Lemon Pepper Peas Garlic Texas Toast/Breadstick	Chicken Fajita w/ Onions and Peppers Flour Tortillas Brown Rice Corn Salsa/Sour Cream/Cheese	Spicy Bone-in Wings Onion Rings Carrot Sticks Ranch Dip	General Tso's Chicken and Broccoli Fried Rice Veggie Egg Rolls	Cheeseburger Seasoned Fries Sliced Carrots WW Bun	Pulled BBQ Chicken Sandwich WW Bun Cole Slaw Potato Salad	Meatloaf Mashed Potatoes Green Bean WW Roll

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