



2023

Westwood Unified School District



Monday	Tuesday	Wednesday	Thursday	Friday
21 <u>Breakfast</u> - Muffin <u>Lunch</u> - Sub Sandwich Veggie, fruit, milk	22 <u>Breakfast</u> - Cereal <u>Lunch</u> - Sloppy Joe Veggie, fruit, milk	23 <u>Breakfast</u> - Waffle <u>Lunch</u> - Cheese Pizza Veggie, fruit, milk	24 <u>Breakfast</u> - Muffin <u>Lunch</u> - Hamburgers potatoes, fruit, milk	25 <u>Breakfast</u> - Cereal <u>Lunch</u> - Chicken Quesadilla Veggie, fruit, milk
28 <u>Breakfast</u> - Muffin <u>Lunch</u> - Chicken Tetrazzini Veggie, fruit, milk	29 <u>Breakfast</u> - Cereal <u>Lunch</u> Hot dogs potatoes, fruit, milk	30 <u>Breakfast</u> -French Toast <u>Lunch</u> - Salad Bar (taco) roll, fruit, milk	31 <u>Breakfast</u> - Muffin <u>Lunch</u> - Chicken Fillet Sand veggie, fruit, milk	1 <u>Breakfast</u> - Muffin <u>Lunch</u> - Beef & Cheese Burrito Veggie, fruit, milk



All meals include whole grains, fruits, veggies, and choice of Milk

<i>We wish you a safe and enjoyable</i> LABOR DAY ★ ★ ★ ★ ★	5 <u>Breakfast</u> - Cereal <u>Lunch</u> - Mac & Cheese veggie, fruit, milk	6 <u>Breakfast</u> -Egg Bagel <u>Lunch</u> - Salad Bar (chicken) roll, fruit, milk	7 <u>Breakfast</u> - Muffin <u>Lunch</u> - Stromboli Veggie, fruit, milk	8 <u>Breakfast</u> - Yogurt <u>Lunch</u> - Pizza Burger veggie, fruit, milk
11 <u>Breakfast</u> - Muffin <u>Lunch</u> - Chicken Penne Veggie, fruit, milk	12 <u>Breakfast</u> - Cereal <u>Lunch</u> - Sub Sandwich Veggie, fruit, milk	13 <u>Breakfast</u> -Pancake Wrap <u>Lunch</u> - Hamburgers potatoes, fruit, milk	14 <u>Breakfast</u> - Muffin <u>Lunch</u> - Chicken Nuggets Veggie, fruit, milk	15 <u>Breakfast</u> - Cereal <u>Lunch</u> - Pig in a Blanket potatoes, fruit, milk
18 <u>Breakfast</u> - Muffin <u>Lunch</u> - Cowboy Cavatini Veggie, fruit, milk	19 <u>Breakfast</u> - Cereal <u>Lunch</u> - Chicken Fillet Sand veggie, fruit, milk	20 <u>Breakfast</u> -French Toast <u>Lunch</u> - Cheese Pizza Veggie, fruit, milk	21 <u>Breakfast</u> - Muffin <u>Lunch</u> - P B J 's veggies, fruit, milk	
25 <u>Breakfast</u> Muffin <u>Lunch</u> - Chicken Quesadilla Veggie, fruit, milk	26 <u>Breakfast</u> - Cereal <u>Lunch</u> - Sloppy Joe Veggie, fruit, milk	27 <u>Breakfast</u> -Egg Burrito <u>Lunch</u> - Corn Dog Veggie, fruit, milk	28 <u>Breakfast</u> - Muffin <u>Lunch</u> - Sub Sandwich Veggie, fruit, milk	29 <u>Breakfast</u> - Yogurt <u>Lunch</u> - Hamburgers potatoes, fruit, milk