

Menus for Douglass Middle School

2022-23



Woodland Joint Unified
School District

This institution is an equal opportunity provider.
Menus are subject to change.

Available Daily

Breakfast

Cereal
Breakfast Pizza
Buttermilk Bars
Homemade Cinnamon Rolls
Homemade Sausage or Ham Hot Pockets
Assorted Juice, Fresh Fruit & Milk

Lunch

Hamburgers
Pizza
Burritos
Assorted Fresh Sandwiches and Salads
Fresh Fruit & Vegetables
Milk

Featured Daily Specials

Monday

Asian Bowl with Stir-Fry Veggies & Rice

Tuesday

Nachos with Beef and Beans

Wednesday

Ballpark Day with Corn Dogs or Grilled Cheese
Sandwich
With French Fries

Thursday

Pasta Day
With Garden Salad

Friday

Chicken Sandwich or Chicken Tenders
With Potato Wedges

Fresh Fruits & Vegetables Offered
With each meal

1% White Milk
Non-Fat Chocolate Milk
Offered Daily!

SAFETY FIRST.

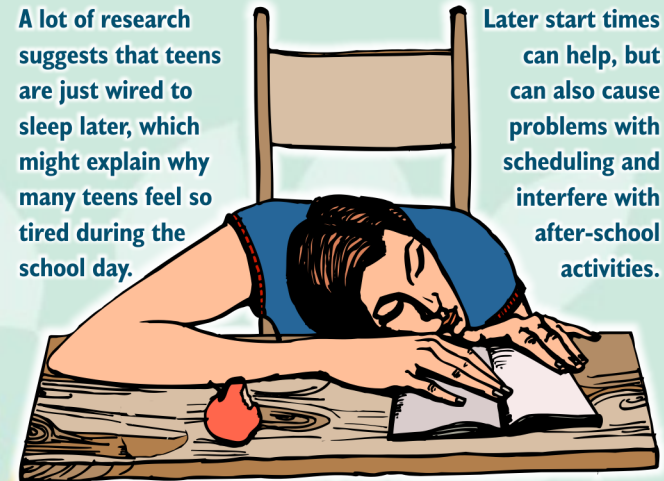


Lightning can strike even if it's not raining and the skies around you are sunny! If you can hear thunder, you could be in danger, so always follow the rule, "If thunder roars, stay indoors" – and not under a tree!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

A lot of research suggests that teens are just wired to sleep later, which might explain why many teens feel so tired during the school day.

Later start times can help, but can also cause problems with scheduling and interfere with after-school activities.



8-10 BY THE NUMBERS
THE AMERICAN ACADEMY OF
PEDIATRICS SAYS TEENS NEED
8-10 HOURS OF SLEEP PER NIGHT.