

# Menus for Lee 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 Rice

### Tuesday

Nachos with Beef or Beans

### Wednesday

Ballpark Day with Corn Dogs or Grilled Cheese Sandwich

### Thursday

Pasta Day

### Friday

Chicken Sandwich or Chicken Tenders

Fresh Fruits & Vegetables Offered  
With each meal

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

## SAFETY FIRST.

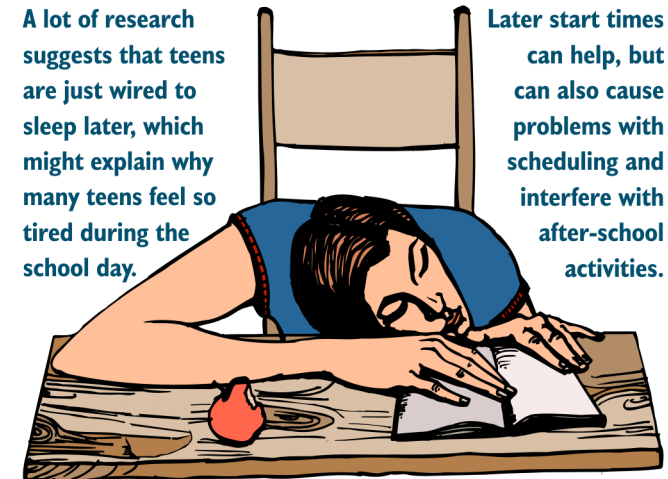


Lightning can strike even if it's not raining and the skies around you are sunny! If you can hear thunder, you could be in danger, so always follow the rule, "If thunder roars, stay indoors" – and not under a tree!

**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.