




Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	
		1 Meatball Sub Warm Vegetable Baked Chips	2 Homemade Chicken Enchilada Refried Beans Spanish Rice	3 Mac & Cheese Bar Choice of Protein Add-On WG Dinner Roll Warm Veg	3
6 Lasagna Roll Up Green Beans WG Garlic Knot	7 Cook's Choice	8 Cheesy Chicken Nachos (Fajita Chicken, Tortilla Chips, Cheese Sauce, Sour Cream, Jalapeno, Black Olive) Fiesta Beans	9 Baked Potato Bar Choice of Ham or Pulled Pork Roasted Broccoli WG Dinner Roll	10 Chicken Parmesan WG Rotini Pasta Corn WG Garlic Toast	4
13 Chicken Alfredo Broccoli WG Garlic Breadstick	14 Sloppy Joe* Seasoned Potato Wedges Baked Beans	15 Fiesta Rice Bowl Choice of: Chicken Fajita or Beef Taco Meat Fiesta Beans Tortilla Chips	16 Oven Baked Chicken Breast In Gravy Mashed Potatoes WG Dinner Roll	17 Pork Street Tacos Elote Corn Cilantro Lime Rice	5
20 Macaroni & Cheese Warm Vegetable WG Dinner Roll	21 Scalloped Potatoes & Ham Peas WG Dinner Roll	22 Chicken Shawarma w/WG Pita Mediterranean Couscous Warm Vegetable	23 Mexicali Taco Boat Fiesta Beans Tortilla Chips	24 Baked Chicken Drumstick Oven Roasted Potatoes Mixed Vegetables WG Dinner Roll	1
27 No School Today 	28 Soft Shell Taco Cilantro Lime Rice Refried Beans	29 Philly Cheese Steak Sidewinders Roasted Vegetables	30 Cook's Choice	31 Meatballs & Gravy Mashed Potatoes Corn WG Dinner Roll	2

-or- Choose one of the Weekly Alternate Entree Choices

<i>Ethnic Bowl: Teriyaki Chicken, Brown Rice, Hot Veggie, WG Dinner Roll The Grill: Chicken Tenders, Hot Veggie, WG Dinner Roll Pizzeria: Cheese Pizza, Hot Veggie Deli Express: Assorted Sub, Flatbreads w/ Baked Chips</i>	<i>Ethnic Bowl: Mandarin Orange Chicken, Brown Rice, Hot Veggie, WG Dinner Roll The Grill: Corn Dogs, Hot Veggie, WG Dinner Roll Pizzeria: Garlic Cheese Toast, Hot Veggie Deli Express: Assorted Sub, Flatbreads w/ Baked Chips</i>	<i>Ethnic Bowl: Sweet & Sour Chicken, Brown Rice, Hot Veggie, WG Dinner Roll The Grill: Cheeseburger on WG Bun, Hot Veggie Pizzeria: Italian Dunkers w. Marinara, Hot Veggie Deli Express: Assorted Sub, Flatbreads w/ Baked Chips</i>	<i>Ethnic Bowl: General Tso Chicken, Brown Rice, Hot Veggie, WG Dinner Roll The Grill: Chicken Filet on WG Bun, Hot Veggie Pizzeria: Quesadilla Pizza, Hot Veggie Deli Express: Assorted Sub, Flatbreads w/ Baked Chips</i>	<i>Ethnic Bowl: Teriyaki Chicken, Brown Rice, Hot Veggie, WG Dinner Roll The Grill: Fish Fillet on WG Bun, Sweet Potato Wedge Pizzeria: Pizza, Hot Veggie Deli Express: Assorted Sub, Flatbreads w/ Baked Chips</i>
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Garden Bar Menu- Lettuce is Local, Organic Romaine


Fresh Greens Salad Baby Carrots Assorted Fresh Veggies Fresh Fruit Peaches	Fresh Greens Salad Baby Carrots Assorted Fresh Veggies Fresh Fruit Pineapple	Fresh Greens Salad Baby Carrots Assorted Fresh Veggies Fresh Fruit Applesauce	Fresh Greens Salad Baby Carrots Assorted Fresh Veggies Fresh Fruit Mandarin Oranges	Fresh Greens Salad Baby Carrots Assorted Fresh Veggies Fresh Fruit Assorted Fruit Sauce
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***Made with Local, Grass Fed Beef Menu Subject to Change due to availability**
This Institution is an Equal Opportunity Provider



Menomonie High School
SY 2023-2024

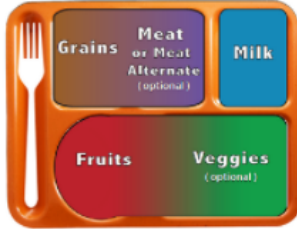
Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday	
		Bacon Scramble Breakfast Pizza ¹	Brekkie ²	Breakfast Wrap ³	3
Strawberry Boli ⁶	Mini Donut w/Turkey Sausage ⁷	Breakfast Sandwich ⁸	Pancake & Sausage on a Stick ⁹	WG Cinnamon Roll ¹⁰	4
Mini Maple Pancakes ¹³	Stuffed Hashbrown ¹⁴	Bacon Scramble Breakfast Pizza ¹⁵	WG French Toast Sticks ¹⁶	Breakfast Wrap ¹⁷	5
Cook's Choice ²⁰	Pancake & Sausage on a Stick ²¹	Yogurt Parfait ²²	Assorted Breakfast Bread ²³	Colby Cheese Omelet WG Honey Bagel ²⁴	1
No School Today ²⁷ 	Cook's Choice ²⁸	Strawberry Overnight Oats ²⁹	Cook's Choice ³⁰	Cook's Choice ³¹	2

What Makes a Breakfast?

OFFER vs SERVE
Food Items for School Breakfast

Choose **at least 3** including:



- ½ Cup of **Fruits** or **Vegetables**
- **At Least 2 Other Food Items**

For best nutrition, **choose all**

What Makes a Lunch?

OFFER vs SERVE
The Five Meal Components for School Lunch

Choose **at least 3** including:



- ½ Cup of **Fruits** or **Vegetables**
- **At Least 2 Other Food Groups**

For best nutrition, **choose all 5**

Fruit, Juice, and Milk Choice Offered Daily with Each Breakfast

Menu Subject to Change due to Availability

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