

December 2018 Tomah Middle School Wolf Den Menu

The **Garden Bar** may offer **Fresh Broccoli, Cauliflower, Carrots, Tomatoes, Romaine Lettuce, Lentils & Legumes, Apples, Sliced Oranges, Grapes, and, Bananas** weekly. Other fruits and vegetables not listed may be offered throughout the week.
Fruit, Vegetables, & Milk served with every meal.

Lunch Components & Colors 6&7 are combinations of components
 1 **Meat/Meat Alt**
 2 **Grain**
 3 **Vegetable**
 4 **Fruit**
 5 **Milk**
 6 **Meat/Grain Combo**
 7 **Meat/Grain/Veggie or Fruit Combo**

Take a minimum 3 of the 5 components offered; one of the 3 components must be a fruit or a vegetable serving to make a complete meal.

The USDA is an equal opportunity provider.

Due to product unavailability, menu substitutions may be made from time to time. To verify menu substitutions for your school, please contact the food service office. Please be aware that some food items served on the Tomah Area Schools menu may have been manufactured in a facility, or on shared equipment with other peanut or tree nut products.

Breakfast Meal Prices:
 Full Paid - \$1.55
 Reduced - \$0.30

Lunch Meal Prices:
 Full Paid - \$2.85
 Reduced - \$0.40



Breakfast Required Weekly Nutrition Ranges
 Calories 400-500
 Saturated Fat <10%
 Sodium <540
Lunch Required Weekly Nutrition Ranges
 Calories 600-700
 Saturated Fat <10%
 Sodium <1360

MONDAY 3	TUESDAY 4	WEDNESDAY 5	THURSDAY 6	FRIDAY 7	Menu subject to change without notice.
BREAKFAST French Toast Cereal Yogurt Fruit & Milk	BREAKFAST Yogurt Parfait Cereal Yogurt Fruit & Milk	BREAKFAST Breakfast Bagel Cereal Yogurt Fruit & Milk	BREAKFAST Breakfast Wrap Cereal Yogurt Fruit & Milk	BREAKFAST PB&J Cereal Yogurt Fruit & Milk	Estimated Weekly Nutrition Average Based on All Food Offered Calories- 497 Saturated Fat- 3% Sodium – 430
LUNCH HOT SPOT Italian Meat Sauce with Garlic Breadstick w/ Penne Pasta 67 SANDWICHES Breaded Chicken Fillet Sandwich 45 Cheeseburger 30 Alaskan Pollock Filet Sandwich 42 Ham Sub 32 PIZZAS Pepperoni Pizza 29 SALADS Salad (Veggie) 37 Club Salad 31	LUNCH HOT SPOT Boneless Chicken Wings 11 SANDWICHES Breaded Chicken Fillet Sandwich 45 Cheeseburger 30 Turkey Sub 32 Bacon Cheeseburger 30 PIZZAS Cheese Pizza 29 SALADS Salad (Veggie) 37 Salad (Chicken & Cheese) 30 HOT VEG - French Fries	LUNCH HOT SPOT Mandarin Chicken w/ Rice 65 SANDWICHES Breaded Chicken Fillet Sandwich 45 Cheeseburger 30 Ham Sub 32 Hot Ham and Cheese 30 PIZZAS Pepperoni Pizza 29 SALADS Salad (Veggie) 37 Salad (Ham & Cheese) 30 HOT VEG - Stir Fry Veggies 3	LUNCH HOT SPOT Walking Tacos 28 SANDWICHES Breaded Chicken Fillet Sandwich 45 Cheeseburger 30 Turkey Sub 32 Chicken Bacon Cheese Sub 32 PIZZAS Cheese Pizza 29 SALADS Salad (Veggie) 37 Salad (Chicken & Cheese) 30 HOT VEG - Fiesta Beans 18	LUNCH HOT SPOT BBQ Chicken Leg w/ Mac & Cheese and Breadstick 52 SANDWICHES Breaded Chicken Fillet Sandwich 45 Cheeseburger 30 Ham Sub 32 Hotdog 30 PIZZAS Pepperoni Pizza 29 SALADS Salad (Veggie) 37 Salad (Ham & Cheese) 30 Hot Cinnamon Apples 30	Estimated Weekly Nutrition Average Based on All Food Offered Calories- 696 Sat. Fat-7% Sodium – 1050

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 Sodium <540
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 Calories 600-700
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MONDAY 10	TUESDAY 11	WEDNESDAY 12	THURSDAY 13	FRIDAY 14	
BREAKFAST Pancake Sausage on a Stick Cereal Yogurt Fruit & Milk	BREAKFAST Scrambled Eggs Cereal Yogurt Fruit & Milk	BREAKFAST Egg & Cheese Sandwich Cereal Yogurt Fruit & Milk	BREAKFAST Pancake Yogurt Cereal Fruit & Milk	BREAKFAST Cereal Yogurt Breakfast Pizza Fruit & Milk	Menu subject to change without notice.
LUNCH HOT SPOT Chicken Tenders 16 SANDWICHES Breaded Chicken Fillet Sandwich 45 Cheeseburger 30 Turkey Sub 32 Hot Ham and Cheese 30 PIZZAS Cheese Pizza 29 SALADS Salad (Veggie) 37 Salad (Ham & Cheese) 30	LUNCH HOT SPOT Cheesy French Bread 29 with Marinara Dipping Sauce 6 SANDWICHES Breaded Chicken Fillet Sandwich 45 Cheeseburger 30 Ham Sub 32 Bacon Cheeseburger 30 PIZZAS Pepperoni Pizza 29 SALADS Salad (Veggie) 37 Club Salad 31	LUNCH HOT SPOT Chicken Nuggets 16 SANDWICHES Breaded Chicken Fillet Sandwich 45 Cheeseburger 30 Turkey Sub 32 Chicken Bacon Cheese Sub 32 PIZZAS Cheese Pizza 29 SALADS Salad (Veggie) 37 Salad (Chicken & Cheese) 30 HOT VEG - Baked Beans 30	LUNCH HOT SPOT Zesty Orange Chicken w/ Rice 64 General Tso Chicken w/ Rice 64 SANDWICHES Breaded Chicken Fillet Sandwich 45 Cheeseburger 30 Ham Sub 32 Hotdog 30 PIZZAS Pepperoni Pizza 29 SALADS Salad (Veggie) 37 Salad (Ham & Cheese) 30 HOT VEG - Stir Fry Veggies 3	LUNCH HOT SPOT Mini Corn Dog 40 SANDWICHES Breaded Chicken Fillet Sandwich 45 Cheeseburger 30 Turkey Sub 32 Alaskan Pollock Filet Sandwich 42 PIZZAS Cheese Pizza 29 SALADS Salad (Veggie) 37 Salad (Chicken & Cheese) 30 HOT VEG - French Fries 21	Estimated Weekly Nutrition Average Based on All Food Offered Calories- 493 Sat. Fat- 4% Sodium - 431mg Estimated Weekly Nutrition Average Based on All Food Offered Calories- 674 Sat. Fat-7% Sodium - 1010

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Sodium <540
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Calories 600-700
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Sodium <1360

MONDAY 17	TUESDAY 18	WEDNESDAY 19	THURSDAY 20	FRIDAY 21	
BREAKFAST Waffle 30 w/ Yogurt Cereal Yogurt Fruit & Milk	BREAKFAST Strawberry Yogurt Parfait 61 Cereal Yogurt Fruit & Milk	BREAKFAST Breakfast Bagel 30 Cereal Yogurt Fruit & Milk	BREAKFAST Breakfast Wrap 14 Cereal Yogurt Fruit & Milk	BREAKFAST PB&J Sandwich 32 Cereal Yogurt Fruit & Milk	Menu subject to change without notice.
LUNCH HOT SPOT Chicken Nuggets 16 SANDWICHES Breaded Chicken Fillet Sandwich 45 Cheeseburger 30 Turkey Sub 32 Hot Ham and Cheese 30 PIZZAS Pepperoni Pizza 29 SALADS Salad (Veggie) 37 Salad (Ham & Cheese) 30 HOT VEG – Baked Beans 30	LUNCH HOT SPOT Walking Tacos 28 SANDWICHES Breaded Chicken Fillet Sandwich 45 Cheeseburger 30 Ham Sub 32 Bacon Cheeseburger 30 PIZZAS Cheese Pizza 29 SALADS Salad (Veggie) 37 Club Salad 31	LUNCH HOT SPOT Mozzarella Stuffed Breadstick 34 w/ Marinara 6 SANDWICHES Breaded Chicken Fillet Sandwich 45 Cheeseburger 30 Turkey Sub 32 Alaskan Pollock Filet Sandwich 42 PIZZAS Pepperoni Pizza 29 SALADS Salad (Veggie) 37 Salad (Chicken & Cheese) 30	LUNCH HOT SPOT Chicken and Waffles 48 Gravy or Syrup SANDWICHES Breaded Chicken Fillet Sandwich 45 Cheeseburger 30 Ham Sub 32 Hotdog 30 PIZZAS Cheese Pizza 29 SALADS Salad (Veggie) 37 Salad (Ham & Cheese) 30 HOT VEG – French Fries 21	LUNCH HOT SPOT Sweet Citrus Chicken (Lemongrass) w/ Rice 65 Meatball Sub 30 SANDWICHES Breaded Chicken Fillet Sandwich 45 Cheeseburger 30 Turkey Sub 32 Chicken Bacon Cheese Sub 32 PIZZAS Pepperoni Pizza 29 SALADS Salad (Veggie) 37 Salad (Chicken & Cheese) 30	Estimated Weekly Nutrition Average Based on All Food Offered Calories-499 Saturated Fat-3% Sodium – 428mg Estimated Weekly Nutrition Average Based on All Food Offered Calories- 696 Sat. Fat-7% Sodium – 1007

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MONDAY
24

TUESDAY
25

WEDNESDAY
26

THURSDAY
27

FRIDAY
28

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31

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TUESDAY

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FUN FOOD JOKE

Q.
 What do you get when you mix onions and beans?

A.
 Tear gas!

TRIVIA TIME!!!: How many flowers does one honey bee need to tap to make one pound of honey?

FOOD FACTS: Cutting onions releases a gas which causes a stinging sensation when it comes into contact with your eyes. Your body produces tears to dilute the irritant and remove it from your eyes.

