December 2018 Tomah High 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.	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. Lunch Components: 1 Meat/Meat Alt, 2 Grain, 3 Vegetable, 4 Fruit, 5 Milk, 6 Meat/Grain Combo, 7 Meat/Grain/Veggie or Fruit Combo	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.	Full Paid - \$1.70 Reduced - \$0.30 Lunch Meal Prices: Full Paid - \$2.95 Reduced - \$0.40	Required Weekly Nutrition Ranges Calories450-600 Saturated Fat<10% Sodium<640 Lunch Required Weekly Nutrition Ranges Calories750-850 Saturated Fat<10% Sodium<1420	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Menu subject to change without	
3	4	5	6	7	notice. Estimated	
BREAKFAST French Toast Cereal Yogurt Breakfast Pizza PB&J Strawberry Yogurt Parfait Muffin Banana Bread Fruit & Milk	BREAKFAST Scrambled Eggs Cereal Yogurt Breakfast Pizza PB&J Strawberry Yogurt Parfait Muffin Banana Bread Fruit & Milk	BREAKFAST Sausage & Cheese Sandwich Cereal Yogurt Breakfast Pizza PB&J Strawberry Yogurt Parfait Muffin Banana Bread Fruit & Milk	BREAKFAST Breakfast Wrap Cereal Yogurt Breakfast Pizza PB&J Strawberry Yogurt Parfait Muffin Banana Bread Fruit & Milk	BREAKFAST Waffle Cereal Yogurt Breakfast Pizza PB&J Strawberry Yogurt Parfait Muffin Banana Bread Fruit & Milk	Weekly Nutrition Average Based on All Food Offered Calories- 595 Saturated Fat- 6% Sodium – 632	
LUNCH HOT SPOT French Toast Sticks and Sausage 50 Italian Meat Sauce with Garlic Breadstick w/ Penne Pasta 67 SALADS Salad (Veggie) 37 Salad (Ham & Cheese) 30 Salad (Chicken & Cheese) 30 Caesar Salad 33 SANDWICHES Breaded Chicken Fillet Sandwich 38 Cheeseburger 30 Ham Sub 32 Turkey Sub 32 Firepeno Burger 34 PIZZAS Pepperoni Pizza 29 Cheese Pizza 29 Sausage Pizza 29 Personal Pan Pizza 33 Hot Cinnamon Apples 30	LUNCH HOT SPOT Walking Tacos 22 Chicken Nuggets w/Breadstick 33 SALADS Salad (Veggie) 37 Salad (Ham & Cheese) 30 Salad (Chicken & Cheese) 30 Club Salad 31 SANDWICHES Breaded Chicken Fillet Sandwich38 Cheeseburger 30 Ham Sub 32 Turkey Sub 32 Wisconsin Steak and Cheese 36 PIZZAS Pepperoni Pizza 29 Cheese Pizza 29 Sausage Pizza 29 Veggie Pizza 37 HOT VEG —	LUNCH HOT SPOT Creamy Macaroni and Cheese and Cornbread 22 Poutine 26- w/ Cornbread22 SALADS Salad (Veggie) 37 Salad (Ham & Cheese) 30 Salad (Chicken & Cheese) 30 Buffalo Chicken Salad SANDWICHES Breaded Chicken Fillet Sandwich 38 Cheeseburger 30 Ham Sub 32 Turkey Sub 32 Alaskan Pollock Filet Sandwich 42 PIZZAS Pepperoni Pizza 29 Cheese Pizza 29 Sausage Pizza 29 B (No L) T Pizza 34	LUNCH HOT SPOT Italian Chicken w/ Bed of Rice 50 Golden Fish Sticks w/Breadstick 45 SALADS Salad (Veggie) 37 Salad (Ham & Cheese) 30 Salad (Chicken & Cheese) 30 Oriental Chicken Salad SANDWICHES Breaded Chicken Fillet Sandwich 38 Cheeseburger 30 Ham Sub 32 Turkey Sub 32 Bacon Cheeseburger 30 PIZZAS Pepperoni Pizza 29 Cheese Pizza 29 Sausage Pizza 29 Supreme Pizza 30 HOT VEG - Potato Wedges 20	LUNCH HOT SPOT Chicken Lo Mein 46 Spicy Beef and Noodles 51 SALADS Salad (Veggie) 37 Salad (Ham & Cheese) 30 Salad (Chicken & Cheese) 30 Salad (Taco) 24 SANDWICHES Breaded Chicken Fillet Sandwich 38 Cheeseburger 30 Ham Sub 32 Turkey Sub 32 Buffalo Chicken Sandwich 45 PIZZAS Pepperoni Pizza 29 Cheese Pizza 29 Sausage Pizza 29 Tito's Taco Pizza 32	Estimated Weekly Nutrition Average Based on All Food Offered Calories-818 Saturated Fat- 8% Sodium – 1164	

December 2018 Tomah High School Wolf Den Menu

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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 - \$1.70 Reduced - \$0.30 Lunch Meal Prices: Full Paid - \$2.95 Reduced - \$0.40	Breakfast Required Weekly Nutrition Ranges Calories 450-600 Saturated Fat <10% Sodium<640 Lunch Required Weekly Nutrition Ranges Calories 750-850 Saturated Fat <10% Sodium<1420	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Menu subject to change without	
10	11	12	13	14	notice.	
BREAKFAST Pancake Sausage on a Stick Cereal Yogurt Breakfast Pizza PB&J Strawberry Yogurt Parfait Muffin Banana Bread Fruit & Milk	BREAKFAST Cinnamon Roll Cereal Yogurt Breakfast Pizza PB&J Strawberry Yogurt Parfait Muffin Banana Bread Fruit & Milk	BREAKFAST Egg & Cheese Sandwich Cereal Yogurt Breakfast Pizza PB&J Strawberry Yogurt Parfait Muffin Banana Bread Fruit & Milk	Pancake Yogurt Cereal Breakfast Pizza PB&J Strawberry Yogurt Parfait Muffin Banana Bread Fruit & Milk	BREAKFAST Breakfast Bagel Cereal Yogurt Breakfast Pizza PB&J Strawberry Yogurt Parfait Muffin Banana Bread Fruit & Milk	Estimated Weekly Nutrition Average Based on All Food Offered Calories- 578 Saturated Fat- 7% Sodium – 615	
LUNCH HOT SPOT Chicken Fajita 27 Cheesy Enchiladas 30 SALADS Salad (Veggie) 37 Salad (Ham & Cheese) 30 Salad (Chicken & Cheese) 30 Buffalo Chicken Salad 30 SANDWICHES Breaded Chicken Fillet Sandwich 38 Cheeseburger 30 Ham Sub 32 Turkey Sub 32 Hot Beef and Cheddar Sandwich 30 PIZZAS Pepperoni Pizza 29 Cheese Pizza 29 Sausage Pizza 29 Personal Pan Pizza 33 HOT VEG - Fiesta Beans 18	LUNCH HOT SPOT Classic Lasagna with Garlic Breadstick 49 Chicken and Waffles 42 SALADS Salad (Veggie) 37 Salad (Ham & Cheese) 30 Salad (Chicken & Cheese) 30 Caesar Salad 33 SANDWICHES Breaded Chicken Fillet Sandwich 38 Cheeseburger 30 Ham Sub 32 Turkey Sub 32 Chicken, Bacon & Cheddar Sub 30 PIZZAS Pepperoni Pizza 29 Cheese Pizza 29 Sausage Pizza 29 Supreme Pizza 30	LUNCH HOT SPOT Cheesy French Bread 29 with Marinara Dipping Sauce 6 Chicken Tender w/ a Breadstick 33 SALADS Salad (Veggie) 37 Salad (Ham & Cheese) 30 Salad (Chicken & Cheese) 30 SANDWICHES Breaded Chicken Fillet Sandwich 38 Cheeseburger 30 Ham Sub 32 Turkey Sub 32 Alaskan Pollock Filet Sandwich 42 PIZZAS Pepperoni Pizza 29 Cheese Pizza 29 Sausage Pizza 29 Chicken Fajita Pizza 30 HOT VEG – French Fries	LUNCH HOT SPOT Zesty Orange Chicken w/ Rice 64 General Tso Chicken w/ Rice 64 SALADS Salad (Veggie) 37 Salad (Ham & Cheese) 30 Salad (Taco) 40 SANDWICHES Breaded Chicken Fillet Sandwich 38 Cheeseburger 30 Ham Sub 32 Turkey Sub 32 BBQ (sloppy Joe) Sandwich 38 PIZAS Pepperoni Pizza 29 Cheese Pizza 29 Sausage Pizza 29 Buffalo Chicken Pizza 27 HOT VEG - Stir Fry Veggies 3	LUNCH HOT SPOT Mini Corn Dog 40 Chicken Alfredo with Garlic Breadstick w/ Penne Pasta 60 SALADS Salad (Veggie) 37 Salad (Ham & Cheese) 30 Salad (Chicken & Cheese) 30 Club Salad 31 SANDWICHES Breaded Chicken Fillet Sandwich 38 Cheeseburger 30 Ham Sub 32 Turkey Sub 32 Carolina Pulled Pork Sandwich 34 PIZZAS Pepperoni Pizza 29 Cheese Pizza 29 Sausage Pizza 29 Veggie Pizza 37	Estimated Weekly Nutrition Average Based on All Food Offered Calories- 800 Saturated Fat- 7% Sodium – 1157	

December 2018 Tomah High School Wolf Den Menu

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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 - \$1.70 Reduced - \$0.30 Lunch Meal Prices: Full Paid - \$2.95 Reduced - \$0.40	Breakfast Required Weekly Nutrition Ranges Calories 450-600 Saturated Fat <10% Sodium<640 Lunch Required Weekly Nutrition Ranges Calories 750-850 Saturated Fat <10% Sodium<1420	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Menu subject to change without	
17	18	19	20	21	notice.	
Waffle Cereal Yogurt Breakfast Pizza PB&J Strawberry Yogurt Parfait Muffin Banana Bread Fruit & Milk	BREAKFAST Scrambled Eggs Cereal Yogurt Breakfast Pizza PB&J Strawberry Yogurt Parfait Muffin Banana Bread Fruit & Milk	BREAKFAST Sausage & Cheese Sandwich Cereal Yogurt Breakfast Pizza PB&J Strawberry Yogurt Parfait Muffin Banana Bread Fruit & Milk	BREAKFAST Breakfast Wrap Cereal Yogurt Breakfast Pizza PB&J Strawberry Yogurt Parfait Muffin Banana Bread Fruit & Milk	BREAKFAST French Toast Cereal Yogurt Breakfast Pizza PB&J Strawberry Yogurt Parfait Muffin Banana Bread Fruit & Milk	Estimated Weekly Nutrition Average Based on All Food Offered Calories- 595 Saturated Fat- 6% Sodium – 632	
LUNCH HOT SPOT Boneless Chicken Wings w/ a Breadstick 22 Meatballs & Gravy w/Breadsticks43 SALADS Salad (Veggie) 37 Salad (Ham & Cheese) 30 Salad (Chicken & Cheese) 30 Buffalo Chicken Salad 30 SANDWICHES Breaded Chicken Fillet Sandwich38 Cheeseburger 30 Ham Sub 32 Turkey Sub 32 Bacon Cheeseburger 30 PIZZAS Pepperoni Pizza 29 Cheese Pizza 29 Sausage Pizza 29 Supreme Pizza 30 HOT VEG - Mashed Potatoes 17	LUNCH HOT SPOT Mandarin Chicken w/ Rice 67 Golden Fish Sticks w/Rice 75 SALADS Salad (Veggie) 37 Salad (Ham & Cheese) 30 Salad (Chicken & Cheese) 30 Crispy Chicken Salad 38 SANDWICHES Breaded Chicken Fillet Sandwich 38 Cheeseburger 30 Ham Sub 32 Turkey Sub 32 Firepeno Burger 34 PIZZAS Pepperoni Pizza 29 Cheese Pizza 29 Sausage Pizza 29 Personal Pan Pizza 33 HOT VEG - Stir Fry Veggies 3	LUNCH HOT SPOT Italian Meat Sauce with Garlic Breadstick w/ Penne Pasta 67 Chicken Nacho's 51 SALADS Salad (Veggie) 37 Salad (Ham & Cheese) 30 Salad (Chicken & Cheese) 30 Club Salad 31 SANDWICHES Breaded Chicken Fillet Sandwich 38 Cheeseburger 30 Ham Sub 32 Turkey Sub 32 Grilled Cheese 30 PIZZAS Pepperoni Pizza 29 Cheese Pizza 29 Sausage Pizza 29 Veggie Pizza 37	LUNCH HOT SPOT Mac and Cheese and Combread 49 Chicken Nuggets w/Cornbread46 SALADS Salad (Veggie) 37 Salad (Ham & Cheese) 30 Salad (Chicken & Cheese) 30 Taco Salad 40 SANDWICHES Breaded Chicken Fillet Sandwich38 Cheeseburger 30 Ham Sub 32 Turkey Sub 32 Cuban Sandwich 35 PIZZAS Pepperoni Pizza 29 Cheese Pizza 29 Sausage Pizza 29 Taco Pizza 40	LUNCH HOT SPOT Walking Tacos 32 Cheese Quesadilla 26 SALADS Salad (Veggie) 37 Salad (Ham & Cheese) 30 Salad (Chicken & Cheese) 30 Oriental Chicken Salad SANDWICHES Breaded Chicken Fillet Sandwich 38 Cheeseburger 30 Ham Sub 32 Turkey Sub 32 Club Sub 32 Club Sub 32 PIZZAS Pepperoni Pizza 29 Cheese Pizza 29 Sausage Pizza 29 Buffalo Chicken Pizza 27 HOT VEG - Fiesta Beans 18	Estimated Weekly Nutrition Average Based on All Food Offered Calories- 815 Saturated Fat- 7% Sodium – 1145	

December 2018 Tomah High 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 - \$1.70 Reduced - \$0.30 Lunch Meal Prices: Full Paid - \$2.95 Reduced - \$0.40	Breakfast Required Weekly Nutrition Ranges Calories 450-600 Saturated Fat <10% Sodium=640 Lunch Required Weekly Nutrition Ranges Calories 750-850 Saturated Fat <10% Sodium=1420
MONDAY 24	TUESDAY 25	WEDNESDAY 26	THURSDAY 27	FRIDAY 28	Menu subject to change without notice.
					Estimated Weekly Nutrition Average Basec on All Food Offered Calories- 595 Saturated Fat- 6% Sodium – 632
					Estimated Weekly Nutrition Average Base on All Food Offered Calories- 815 Saturated Fat- 7% Sodium – 114

September 2018 Tomah High School Wolf Den Menu

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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 - \$1.70 Reduced - \$0.30 Lunch Meal Prices: Full Paid - \$2.95 Reduced - \$0.40	Breakfast Required Weekly Nutrition Ranges Calories 450-600 Saturated Fat <10% Sodium<640 Lunch Required Weekly Nutrition Ranges Calories 750-850 Saturated Fat <10% Sodium<1420		
MONDAY 31	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Menu subject to change without notice.		

December 2018 Tomah High School Menu

The Garden Bar may offer Fresh Lunch Components & Colors 6&7 are Take a minimum 3 of the 5 Due to product unavailability, menu **Breakfast Meal Prices: Breakfast** Required Weekly combinations of components substitutions may be made from time to Broccoli, Cauliflower, Carrots, Full Paid - \$1.70 components offered; one of the 3 **Nutrition Ranges** 1 Meat/Meat Alt time. To verify menu substitutions for Tomatoes, Romaine Lettuce, Lentils Reduced - \$0.30 components must be a fruit or a Calories 450-600 2 Grain your school, please contact the food & Legumes, Apples, Sliced Saturated Fat <10% vegetable serving to make a 3 Vegetable service office. Please be aware that some Sodium<640 Oranges, Grapes, and, Bananas 4 Fruit food items served on the Tomah Area **Lunch Meal Prices:** complete meal. **Lunch Required** weekly. Other fruits and vegetables 5 Milk Schools menu may have been Weekly Nutrition Full Paid - \$2.95 not listed may be offered throughout Ranges Calories 750-850 6 Meat/Grain Combo manufactured in a facility, or on shared The USDA is an equal Reduced - \$0.40 the week. equipment with other peanut or tree nut 7 Meat/Grain/Veggie or Fruit Combo Saturated Fat <10% Fruit, Vegetables, & Milk served with opportunity pro-Sodium<1420 every meal. **MONDAY TUESD** RSDAY **FRIDAY** Menu subject to change without notice. TRIVIA TIME!!!: How many flowers does one honey bee need to tap to make one pound of honey? Q. comes into contact with your What do you get eyes. Your body produces when you mix onions tears to dilute the irritant and and beans? Tear gas!

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