

# 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

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

Menu subject to change without notice.

**Estimated Weekly Nutrition**

**Average Based on All Food Offered**

Calories - 595  
Saturated Fat - 6%  
Sodium - 632

**Estimated Weekly Nutrition**

**Average Based on All Food Offered**

Calories - 818  
Saturated Fat - 8%  
Sodium - 1164

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 3 **Vegetable**  
 4 **Fruit**  
 5 **Milk**  
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**Nutrition Ranges**  
 Calories 450-600  
 Saturated Fat <10%  
 Sodium<640  
**Lunch Required Weekly**  
**Nutrition Ranges**  
 Calories 750-850  
 Saturated Fat <10%  
 Sodium<1420

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

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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.

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**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**  
17

**TUESDAY**  
18

**WEDNESDAY**  
19

**THURSDAY**  
20

**FRIDAY**  
21

Menu subject to change without notice.

**BREAKFAST**

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/Breadsticks**43**

**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**  
 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 Cornbread **49**  
 Chicken Nuggets w/Cornbread**46**

**SALADS**

Salad (Veggie) **37**  
 Salad (Ham & Cheese) **30**  
 Salad ( Chicken & Cheese) **30**  
 Taco Salad **40**

**SANDWICHES**

Breaded Chicken Fillet Sandwich**38**  
 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**

**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

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 Sodium<640  
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 Calories 750-850  
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 Sodium<1420

**MONDAY**  
24

**TUESDAY**  
25

**WEDNESDAY**  
26

**THURSDAY**  
27

**FRIDAY**  
28

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Estimated Weekly Nutrition Average Based on All Food Offered  
  
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 Sodium – 632

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# September 2018 Tomah High School Wolf Den Menu

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MONDAY 31	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Menu subject to change without notice.



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MONDAY

TUESDAY

WEDNESDAY

FRIDAY

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### JOKE TIME!!!!!!

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.

