

# January 2019 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.

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**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**  
31

**TUESDAY**  
1

**WEDNESDAY**  
2

**THURSDAY**  
3

**FRIDAY**  
4

Menu subject to change without notice.



**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**  
 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

**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

**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

Estimated Weekly Nutrition Average Based on All Food Offered  
 Calories- 696  
 Sat. Fat-7%  
 Sodium – 1050

**HOT VEG - Stir Fry Veggies 3**

**HOT VEG - Fiesta Beans 18**

**Hot Cinnamon Apples 30**

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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**

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**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 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11	
<b>BREAKFAST</b> Pancake Sausage on a Stick Cereal Yogurt Fruit & Milk	<b>BREAKFAST</b> Scrambled Eggs Cereal Yogurt Fruit & Milk	<b>BREAKFAST</b> Egg & Cheese Sandwich Cereal Yogurt Fruit & Milk	<b>BREAKFAST</b> Pancake Yogurt Cereal Fruit & Milk	<b>BREAKFAST</b> Cereal Yogurt Breakfast Pizza Fruit & Milk	<b>Menu subject to change without notice.</b>
<b>LUNCH HOT SPOT</b> Chicken Tenders 16 <b>SANDWICHES</b> Breaded Chicken Fillet Sandwich 45 Cheeseburger 30 Turkey Sub 32 Hot Ham and Cheese 30 <b>PIZZAS</b> Cheese Pizza 29 <b>SALADS</b> Salad (Veggie) 37 Salad (Ham & Cheese) 30	<b>LUNCH HOT SPOT</b> Cheesy French Bread 29 with Marinara Dipping Sauce 6 <b>SANDWICHES</b> Breaded Chicken Fillet Sandwich 45 Cheeseburger 30 Ham Sub 32 Bacon Cheeseburger 30 <b>PIZZAS</b> Pepperoni Pizza 29 <b>SALADS</b> Salad (Veggie) 37 Club Salad 31	<b>LUNCH HOT SPOT</b> Chicken Nuggets 16 <b>SANDWICHES</b> Breaded Chicken Fillet Sandwich 45 Cheeseburger 30 Turkey Sub 32 Chicken Bacon Cheese Sub 32 <b>PIZZAS</b> Cheese Pizza 29 <b>SALADS</b> Salad (Veggie) 37 Salad (Chicken & Cheese) 30  <b>HOT VEG - Baked Beans 30</b>	<b>LUNCH HOT SPOT</b> Zesty Orange Chicken w/ Rice 64 General Tso Chicken w/ Rice 64 <b>SANDWICHES</b> Breaded Chicken Fillet Sandwich 45 Cheeseburger 30 Ham Sub 32 Hotdog 30 <b>PIZZAS</b> Pepperoni Pizza 29 <b>SALADS</b> Salad (Veggie) 37 Salad (Ham & Cheese) 30  <b>HOT VEG - Stir Fry Veggies 3</b>	<b>LUNCH HOT SPOT</b> Mini Corn Dog 40 <b>SANDWICHES</b> Breaded Chicken Fillet Sandwich 45 Cheeseburger 30 Turkey Sub 32 Alaskan Pollock Filet Sandwich 42 <b>PIZZAS</b> Cheese Pizza 29 <b>SALADS</b> Salad (Veggie) 37 Salad (Chicken & Cheese) 30  <b>HOT VEG - French Fries 21</b>	<p><b>Estimated Weekly Nutrition Average Based on All Food Offered</b></p> <p>Calories- 493 Sat. Fat- 4% Sodium - 431mg</p> <p><b>Estimated Weekly Nutrition Average Based on All Food Offered</b></p> <p>Calories- 674 Sat. Fat-7% Sodium - 1010</p>

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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 - \$1.55  
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 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18	
<b>BREAKFAST</b> Waffle <b>30</b> w/ Yogurt Cereal Yogurt Fruit & Milk	<b>BREAKFAST</b> Strawberry Yogurt Parfait <b>61</b> Cereal Yogurt Fruit & Milk	<b>BREAKFAST</b> Breakfast Bagel <b>30</b> Cereal Yogurt Fruit & Milk	<b>BREAKFAST</b> Breakfast Wrap <b>14</b> Cereal Yogurt Fruit & Milk	<b>BREAKFAST</b> PB&J Sandwich <b>32</b> Cereal Yogurt Fruit & Milk	<b>Menu subject to change without notice.</b>
<b>LUNCH HOT SPOT</b> Chicken Nuggets <b>16</b> <b>SANDWICHES</b> Breaded Chicken Fillet Sandwich <b>45</b> Cheeseburger <b>30</b> Turkey Sub <b>32</b> Hot Ham and Cheese <b>30</b> <b>PIZZAS</b> Pepperoni Pizza <b>29</b> <b>SALADS</b> Salad (Veggie) <b>37</b> Salad (Ham & Cheese) <b>30</b>	<b>LUNCH HOT SPOT</b> Walking Tacos <b>28</b> <b>SANDWICHES</b> Breaded Chicken Fillet Sandwich <b>45</b> Cheeseburger <b>30</b> Ham Sub <b>32</b> Bacon Cheeseburger <b>30</b> <b>PIZZAS</b> Cheese Pizza <b>29</b> <b>SALADS</b> Salad (Veggie) <b>37</b> Club Salad <b>31</b>	<b>LUNCH HOT SPOT</b> Mozzarella Stuffed Breadstick <b>34</b> w/ Marinara <b>6</b> <b>SANDWICHES</b> Breaded Chicken Fillet Sandwich <b>45</b> Cheeseburger <b>30</b> Turkey Sub <b>32</b> Alaskan Pollock Fillet Sandwich <b>42</b> <b>PIZZAS</b> Pepperoni Pizza <b>29</b> <b>SALADS</b> Salad (Veggie) <b>37</b> Salad (Chicken & Cheese) <b>30</b>	<b>LUNCH HOT SPOT</b> Chicken and Waffles <b>48</b> Gravy or Syrup <b>SANDWICHES</b> Breaded Chicken Fillet Sandwich <b>45</b> Cheeseburger <b>30</b> Ham Sub <b>32</b> Hotdog <b>30</b> <b>PIZZAS</b> Cheese Pizza <b>29</b> <b>SALADS</b> Salad (Veggie) <b>37</b> Salad (Ham & Cheese) <b>30</b>	<b>LUNCH HOT SPOT</b> Sweet Citrus Chicken (Lemongrass) w/ Rice <b>65</b> Meatball Sub <b>30</b> <b>SANDWICHES</b> Breaded Chicken Fillet Sandwich <b>45</b> Cheeseburger <b>30</b> Turkey Sub <b>32</b> Chicken Bacon Cheese Sub <b>32</b> <b>PIZZAS</b> Pepperoni Pizza <b>29</b> <b>SALADS</b> Salad (Veggie) <b>37</b> Salad (Chicken & Cheese) <b>30</b>	<b>Estimated Weekly Nutrition Average Based on All Food Offered</b>  Calories-499 Saturated Fat-3% Sodium – 428mg
<b>HOT VEG – Baked Beans</b> <b>30</b>			<b>HOT VEG – French Fries</b> <b>21</b>		<b>Estimated Weekly Nutrition Average Based on All Food Offered</b>  Calories- 696 Sat. Fat-7% Sodium – 1007

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 Reduced - \$0.30

**Lunch Meal Prices:**  
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 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 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25	
<b>BREAKFAST</b> Banana Bread w/ <b>Yogurt</b> 63 Cereal Yogurt Fruit & Milk	<b>BREAKFAST</b> Scrambled Eggs w/ <b>Cereal</b> 25 Cereal Yogurt Fruit & Milk	<b>BREAKFAST</b> Sausage & Cheese Sandwich 30 Cereal Yogurt Fruit & Milk	<b>BREAKFAST</b> Muffin W/ <b>Yogurt</b> 49 Cereal Yogurt Fruit & Milk		Menu subject to change without notice.
<b>LUNCH HOT SPOT</b> Meatball Marinara with Garlic Breadstick w/ Penne Pasta 66 <b>SANDWICHES</b> Breaded Chicken Fillet Sandwich 45 Cheeseburger 30 Turkey Sub 32 Alaskan Pollock Fillet Sandwich 42 <b>PIZZAS</b> Pepperoni Pizza 29 <b>SALADS</b> Salad (Veggie) 37 Salad (Chicken & Cheese) 30	<b>LUNCH HOT SPOT</b> Cheesy French Bread 29 with Marinara Dipping Sauce 6 <b>SANDWICHES</b> Breaded Chicken Fillet Sandwich 45 Cheeseburger 30 Turkey Sub 32 Bacon Cheeseburger 30 <b>PIZZAS</b> Pepperoni Pizza 29 <b>SALADS</b> Salad (Veggie) 37 Club Salad 31	<b>LUNCH HOT SPOT</b> Breaded Chicken Tenders 16 <b>SANDWICHES</b> Breaded Chicken Fillet Sandwich 45 Cheeseburger 30 Turkey Sub 32 Hot Ham and Cheese 30 <b>PIZZAS</b> Cheese Pizza 29 <b>SALADS</b> Salad (Veggie) 37 Salad (Ham & Cheese) 30  <b>HOT VEG - French Fries</b>	<b>LUNCH HOT SPOT</b> Zesty Orange Chicken w/ Rice 64 General Tso Chicken w/ Rice 64 <b>SANDWICHES</b> Breaded Chicken Fillet Sandwich 45 Cheeseburger 30 Ham Sub 32 Hotdog 30 <b>PIZZAS</b> Cheese Pizza 29 <b>SALADS</b> Salad (Veggie) 37 Salad (Ham & Cheese) 30  <b>HOT VEG - Stir Fry Veggies 3</b>		Estimated Weekly Nutrition Average Based on All Food Offered  Calories- 499 Saturated Fat- 5% Sodium – 456mg
					Estimated Weekly Nutrition Average Based on All Food Offered  Calories- 682 Sat. Fat-8% Sodium – 1053

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Reduced - \$0.30

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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

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<b>MONDAY</b> 28	<b>TUESDAY</b> 29	<b>WEDNESDAY</b> 30	<b>THURSDAY</b> 31	<b>FRIDAY</b>
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<b>BREAKFAST</b> French Toast Cereal Yogurt Fruit & Milk	<b>BREAKFAST</b> Yogurt Parfait Cereal Yogurt Fruit & Milk	<b>BREAKFAST</b> Breakfast Bagel Cereal Yogurt Fruit & Milk	<b>BREAKFAST</b> Breakfast Wrap Cereal Yogurt Fruit & Milk	
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<b>LUNCH</b> <b>HOT SPOT</b> Italian Meat Sauce with Garlic Breadstick w/ Penne Pasta 67 <b>SANDWICHES</b> Breaded Chicken Fillet Sandwich 45 Cheeseburger 30 Alaskan Pollock Filet Sandwich 42 Ham Sub 32 <b>PIZZAS</b> Pepperoni Pizza 29 <b>SALADS</b> Salad (Veggie) 37 Club Salad 31	<b>LUNCH</b> <b>HOT SPOT</b> Boneless Chicken Wings 11 <b>SANDWICHES</b> Breaded Chicken Fillet Sandwich 45 Cheeseburger 30 Turkey Sub 32 Bacon Cheeseburger 30 <b>PIZZAS</b> Cheese Pizza 29 <b>SALADS</b> Salad (Veggie) 37 Salad (Chicken & Cheese) 30  <b>HOT VEG - French Fries</b>	<b>LUNCH</b> <b>HOT SPOT</b> Mandarin Chicken w/ Rice 65 <b>SANDWICHES</b> Breaded Chicken Fillet Sandwich 45 Cheeseburger 30 Ham Sub 32 Hot Ham and Cheese 30 <b>PIZZAS</b> Pepperoni Pizza 29 <b>SALADS</b> Salad (Veggie) 37 Salad (Ham & Cheese) 30  <b>HOT VEG - Stir Fry Veggies 3</b>	<b>LUNCH</b> <b>HOT SPOT</b> Walking Tacos 28 <b>SANDWICHES</b> Breaded Chicken Fillet Sandwich 45 Cheeseburger 30 Turkey Sub 32 Chicken Bacon Cheese Sub 32 <b>PIZZAS</b> Cheese Pizza 29 <b>SALADS</b> Salad (Veggie) 37 Salad (Chicken & Cheese) 30  <b>HOT VEG - Fiesta Beans 18</b>	
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## Lunch Meal Prices:

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 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

TUESDAY

WEDNESDAY

FRIDAY

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### FUN FOOD JOKE

Q. What do you get when you put three ducks in a box?

A. A box of quackers!

TRIVIA TIME!!!: Which scale measures the heat of chilies?

What is considered the sweetest fruit in the world?

### FOOD FACTS:

Some countries eat termites and ants like popcorn! Yum!

Hummus is made from chickpeas, tahini, olive oil, garlic, sea salt and lemon juice. What is tahini?

