



# January 2019 Tomah Elementary School Menu

<p>The <b>Garden Bar</b> may offer <b>Fresh Broccoli, Cauliflower, Carrots, Tomatoes, Romaine Lettuce, Lentils &amp; Legumes, Apples, Sliced Oranges, Grapes, and, Bananas</b> weekly. Other fruits and vegetables not listed may be offered throughout the week.</p> 	<p>Lunch Components &amp; Colors 6&amp;7 are combinations of components          1 <b>Meat/Meat Alt</b>          2 <b>Grain</b>          3 <b>Vegetable</b>          4 <b>Fruit</b>          5 <b>Milk</b>          6 <b>Meat/Grain Combo</b>          7 <b>Meat/Grain/Veggie or Fruit Combo</b></p> <p>Fruit, Vegetables, &amp; Milk served with every meal.</p>	<p>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.</p> <p style="text-align: center;">The USDA is an equal opportunity provider.</p>	<p><b>Estimated Calories &amp; Carbs per serving are listed next or below each item</b>          Example. <b>Carbs</b>          Cheese Pizza <b>28</b></p> <p>Menu subject to change without notice.</p>	<p>Due to product changes, ingredient lists may not be 100% accurate. 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.</p>	<p><b>Lunch Meal Prices:</b>          Full Paid - \$2.65          Reduced - \$0.40</p> <p><b>Required Weekly Nutrition Ranges</b>          Calories 550-650</p> <p>Saturated Fat &lt;10%          Sodium &lt;1230</p>
<p><b>JOKE TIME!!!!!!</b> <b>HAPPY★NEW★YEAR</b></p> <p>Q. What do you get when you put three ducks in a box?</p> <p>A. A box of quackers! <span style="float: right;">1</span></p> 	<p>2          Pepperoni Pizza <b>29</b>          Or          Mandarin Chicken w/ Rice <b>41</b></p> <p>Stir Fry Veggies <b>3</b></p>	<p>3          Creamy Macaroni and Cheese w/ Cinnamon Crisps <b>57</b>          or          PB&amp;J w/ Cinnamon Crisps <b>57</b></p>	<p>4          Chicken Nuggets <b>17</b> W/ Graham Bites <b>21</b>          or          Golden Crunchy Fish Sticks <b>23</b> W/ Graham Bites <b>21</b></p> <p>Potato Wedges <b>20</b></p>	<p>Estimated Weekly Nutrition Average Based on All Food Offered</p> <p>Calories- 600          Saturated Fat- 9%          Sodium – 1000</p>	
<p>7          Breaded Chicken Tenders w/ a Breadstick <b>29</b>          or          Hot Ham &amp; Cheese Sandwich <b>32</b></p> <p>Baked Beans <b>29</b></p>	<p>8          Cheesy French Bread <b>29</b> with Marinara Dipping Sauce <b>6</b>          or          Fruity Yogurt, Cinnamon Crisps and String Cheese <b>64</b></p>	<p>9          Cheese Pizza <b>30</b>          or          Alaskan Pollock Filet Sandwich <b>42</b></p>	<p>10          Hamburger or Cheeseburger <b>30</b>          or          Popcorn Chicken w/ a Breadstick <b>37</b></p> <p>Potato Stars <b>20</b></p>	<p>11          Mini Corn Dog Nuggets <b>29</b>          Or          Chicken Alfredo with Garlic Breadstick w/ Penne Pasta <b>39</b></p>	<p>Estimated Weekly Nutrition Average Based on All Food Offered</p> <p>Calories- 636          Saturated Fat- 7%          Sodium - 1049</p>
<p>14          Crispy Chicken Patty Sandwich <b>45</b>          Or          Pepperoni Pizza <b>29</b></p>	<p>15          Walking Tacos <b>22</b>          *Lettuce, olives, diced onions &amp; Tomatoes          or          Chicken Nuggets <b>17</b></p> <p>Fiesta Beans <b>18</b></p>	<p>16          Meatball Marinara Sub <b>39</b>          or          PB&amp;J w/ Cinnamon Crisps <b>57</b></p>	<p>17          Chicken and Waffles          Or          BBQ (sloppy Joe) Sandwich <b>38</b></p>	<p>18          Creamy Macaroni and Cheese w/ Breadstick <b>57</b>          or          BBQ Chicken Drumstick w/ Breadstick <b>25</b></p> <p>Potato Wedges <b>20</b></p>	<p>Estimated Weekly Nutrition Average Based on All Food Offered</p> <p>Calories-600          Saturated Fat-9%          Sodium – 1050</p>
<p>21          French Toast Sticks and a Sausage Link <b>40</b>          Or          Deli Turkey and Cheese Sub <b>32</b></p> <p>Warm Cinnamon Apples <b>30</b></p>	<p>22          Hamburger or Cheeseburger <b>30</b>          or          Mini Corn Dog Nuggets <b>29</b></p> <p>Baked Beans <b>29</b></p>	<p>23          Cheese Pizza <b>30</b>          or          Fruity Yogurt, Cinnamon Crisps and String Cheese <b>64</b></p>	<p>24          Cheesy French Bread <b>29</b> with Marinara Dipping Sauce <b>6</b>          or          Chicken Tender Strips w/ a Breadstick <b>29</b></p> <p>Potato Stars <b>20</b></p>	<p style="text-align: center;"><b>NO SCHOOL</b></p>	<p>Estimated Weekly Nutrition Average Based on All Food Offered</p> <p>Calories- 640          Saturated Fat- 8%          Sodium – 1086</p>
<p>28          Italian Meat Sauce with Garlic Breadstick w/ Penne Pasta <b>47</b>          or          Breaded Chicken Patty Sandwich <b>45</b></p>	<p>29          Chicken Nuggets <b>17</b> W/ Graham Bites <b>21</b>          or          Golden Crunchy Fish Sticks <b>23</b> W/ Graham Bites <b>21</b></p> <p>Potato Wedges <b>20</b></p>	<p>30          Pepperoni Pizza <b>29</b>          Or          Mandarin Chicken w/ Rice <b>41</b></p> <p>Stir Fry Veggies <b>3</b></p>	<p>31          Creamy Macaroni and Cheese w/ Cinnamon Crisps <b>57</b>          or          PB&amp;J w/ Cinnamon Crisps <b>57</b></p>	<p><b>TRIVIA!!!!!!!!!!</b>          What is the main ingredient of Hummus?</p> <p><b>FUN FACT!!!!!!</b>          Some countries eat termites and ants like popcorn! Yum!</p>	<p>Estimated Weekly Nutrition Average Based on All Food Offered</p> <p>Calories- 600          Saturated Fat- 9%          Sodium – 1000</p>