

February 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.

The USDA is an equal opportunity provider.

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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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY 1	Menu subject to change without notice.
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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

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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Lunch Required Weekly Nutrition Ranges
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MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8	
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	<p>Menu subject to change without notice.</p> <p>Estimated Weekly Nutrition Average Based on All Food Offered</p> <p>Calories- 493 Sat. Fat- 4% Sodium – 431mg</p>
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	<p>Estimated Weekly Nutrition Average Based on All Food Offered</p> <p>Calories- 674 Sat. Fat-7% Sodium – 1010</p>

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Fruit, Vegetables, & Milk served with every meal.

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

MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15	
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		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 Fillet 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		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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Lunch Required Weekly Nutrition Ranges
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MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22	Menu subject to change without notice.
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	Estimated Weekly Nutrition Average Based on All Food Offered
Scrambled Eggs w/ Cereal 25 Cereal Yogurt Fruit & Milk	Sausage & Cheese Sandwich 30 Cereal Yogurt Fruit & Milk	Muffin W/ Yogurt 49 Cereal Yogurt Fruit & Milk	Breakfast Pizza 21 Cereal Yogurt Fruit & Milk	Calories- 499 Saturated Fat- 5% Sodium – 456mg	
LUNCH HOT SPOT	LUNCH HOT SPOT	LUNCH HOT SPOT	LUNCH HOT SPOT	LUNCH HOT SPOT	Estimated Weekly Nutrition Average Based on All Food Offered
Cheesy French Bread 29 with Marinara Dipping Sauce 6 SANDWICHES Breaded Chicken Fillet Sandwich 45 Cheeseburger 30 Turkey Sub 32 Bacon Cheeseburger 30 PIZZAS Pepperoni Pizza 29 SALADS Salad (Veggie) 37 Club Salad 31	Breaded 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	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 Cheese Pizza 29 SALADS Salad (Veggie) 37 Salad (Ham & Cheese) 30	Chicken Nacho's 51 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	Calories- 682 Sat. Fat-8% Sodium – 1053	
	HOT VEG - French Fries	HOT VEG - Stir Fry Veggies 3	HOT VEG - Baked Beans 29		

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MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY	
<p>BREAKFAST</p> <p>French Toast Cereal Yogurt Fruit & Milk</p>	<p>BREAKFAST</p> <p>Yogurt Parfait Cereal Yogurt Fruit & Milk</p>	<p>BREAKFAST</p> <p>Breakfast Bagel Cereal Yogurt Fruit & Milk</p>	<p>BREAKFAST</p> <p>Breakfast Wrap Cereal Yogurt Fruit & Milk</p>		
<p>LUNCH HOT SPOT Italian Meat Sauce with Garlic Breadstick w/ Penne Pasta 67</p> <p>SANDWICHES Breaded Chicken Fillet Sandwich 45 Cheeseburger 30 Alaskan Pollock Filet Sandwich 42 Ham Sub 32</p> <p>PIZZAS Pepperoni Pizza 29</p> <p>SALADS Salad (Veggie) 37 Club Salad 31</p>	<p>LUNCH HOT SPOT Boneless Chicken Wings 11</p> <p>SANDWICHES Breaded Chicken Fillet Sandwich 45 Cheeseburger 30 Turkey Sub 32 Bacon Cheeseburger 30</p> <p>PIZZAS Cheese Pizza 29</p> <p>SALADS Salad (Veggie) 37 Salad (Chicken & Cheese) 30</p> <p>HOT VEG - French Fries</p>	<p>LUNCH HOT SPOT Mandarin Chicken w/ Rice 65</p> <p>SANDWICHES Breaded Chicken Fillet Sandwich 45 Cheeseburger 30 Ham Sub 32 Hot Ham and Cheese 30</p> <p>PIZZAS Pepperoni Pizza 29</p> <p>SALADS Salad (Veggie) 37 Salad (Ham & Cheese) 30</p> <p>HOT VEG - Stir Fry Veggies 3</p>	<p>LUNCH HOT SPOT Walking Tacos 28</p> <p>SANDWICHES Breaded Chicken Fillet Sandwich 45 Cheeseburger 30 Turkey Sub 32 Chicken Bacon Cheese Sub 32</p> <p>PIZZAS Cheese Pizza 29</p> <p>SALADS Salad (Veggie) 37 Salad (Chicken & Cheese) 30</p> <p>HOT VEG - Fiesta Beans 18</p>		

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MONDAY

TUESDAY

WEDNESDAY

FRIDAY

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FUN FOOD JOKE

Q. What time is it when an elephant sits on your fence?

A. Time to get a new fence!

TRIVIA TIME!!! How many portions of fruit and vegetables do the government recommend that adults eat per day?

FOOD FACTS: The potato became the first vegetable to be grown in space

