



February 2019 Tomah Elementary School Menu

<p>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.</p> 	<p>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</p> <p>Fruit, Vegetables, & 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>Estimated Calories & Carbs per serving are listed next or below each item Example. Carbs Cheese Pizza 28</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>Lunch Meal Prices: Full Paid - \$2.65 Reduced - \$0.40</p> <p>Required Weekly Nutrition Ranges Calories 550-650</p> <p>Saturated Fat <10% Sodium <1230</p>
<p>TRIVIA!!!!!!!!!!How many portions of fruit and vegetables do the government recommend that adults eat per day?</p> <p>FUN FACT!!!!!! The potato became the first vegetable to be grown in space</p>		<p>JOKE TIME!!!!!!</p> <p>Q. What time is it when an elephant sits on your fence?</p> <p>A. Time to get a new fence!</p>		<p>1 Walking Tacos 22 *Lettuce, olives, diced onions & Tomatoes Fiesta Beans 18 or BBQ Rib Sandwich 35</p>	<p>Estimated Weekly Nutrition Average Based on All Food Offered</p> <p>Calories- 600 Saturated Fat- 9% Sodium – 1000</p>
<p>4 Breaded Chicken Tenders w/ a Breadstick 29 or Hot Ham & Cheese Sandwich 32</p> <p>Baked Beans 29</p>	<p>5 Cheesy French Bread 29 with Marinara Dipping Sauce 6 or Fruity Yogurt, Cinnamon Crisps and String Cheese 64</p>	<p>6 Cheese Pizza 30 or Alaskan Pollock Filet Sandwich 42</p>	<p>7 Hamburger or Cheeseburger 30 or Popcorn Chicken w/ a Breadstick 37</p> <p>Potato Stars 20</p>	<p>8 Mini Corn Dog Nuggets 29 Or Chicken Alfredo with Garlic Breadstick w/ Penne Pasta 39</p>	<p>Estimated Weekly Nutrition Average Based on All Food Offered</p> <p>Calories- 636 Saturated Fat- 7% Sodium - 1049</p>
<p>11 Crispy Chicken Patty Sandwich 45 Or Pepperoni Pizza 29</p>	<p>12 Walking Tacos 22 *Lettuce, olives, diced onions & Tomatoes or Chicken Nuggets 17</p> <p>Fiesta Beans 18</p>	<p>13 Meatball Marinara Sub 39 or PB&J w/ Cinnamon Crisps 57</p>	<p>14 Chicken and Waffles Or BBQ (sloppy Joe) Sandwich 38</p>	<p style="text-align: center;">NO SCHOOL</p>	<p>Estimated Weekly Nutrition Average Based on All Food Offered</p> <p>Calories-600 Saturated Fat-9% Sodium – 1050</p>
<p style="text-align: center;">NO SCHOOL</p>	<p>18 Hamburger or Cheeseburger 30 or Mini Corn Dog Nuggets 29</p> <p>Baked Beans 29</p>	<p>20 Cheese Pizza 30 or Fruity Yogurt, Cinnamon Crisps and String Cheese 64</p>	<p>21 Cheesy French Bread 29 with Marinara Dipping Sauce 6 or Chicken Tender Strips w/ a Breadstick 29</p> <p>Potato Stars 20</p>	<p>22 Mozzarella Stuffed Breadstick 34 w/ Marinara Dipping Sauce 6 Or Zesty Orange Chicken w/ Rice 64</p>	<p>Estimated Weekly Nutrition Average Based on All Food Offered</p> <p>Calories- 640 Saturated Fat- 8% Sodium – 1086</p>
<p>25 Italian Meat Sauce with Garlic Breadstick w/ Penne Pasta 47 or Breaded Chicken Patty Sandwich 45</p>	<p>26 Chicken Nuggets 17 W/ Graham Bites 21 or Golden Crunchy Fish Sticks 23 W/ Graham Bites 21</p> <p>Potato Wedges 20</p>	<p>27 Pepperoni Pizza 29 Or Mandarin Chicken w/ Rice 41</p> <p>Stir Fry Veggies 3</p>	<p>28 Creamy Macaroni and Cheese w/ Cinnamon Crisps 57 or PB&J w/ Cinnamon Crisps 57</p>		<p>Estimated Weekly Nutrition Average Based on All Food Offered</p> <p>Calories- 600 Saturated Fat- 9% Sodium – 1000</p>