

March 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.

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 - \$1.55
 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.

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

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	Menu subject to change without notice.
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	Estimated Weekly Nutrition Average Based on All Food Offered Calories- 493 Sat. Fat- 4% Sodium - 431mg Estimated Weekly Nutrition Average Based on All Food Offered Calories- 674 Sat. Fat-7% Sodium - 1010

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Sodium <540
Lunch Required Weekly Nutrition Ranges
Calories 600-700
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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	BREAKFAST PB&J Sandwich 32 Cereal Yogurt Fruit & Milk	Estimated Weekly Nutrition Average Based on All Food Offered Calories-499 Saturated Fat-3% Sodium – 428mg
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	LUNCH HOT SPOT Sweet Citrus Chicken (Lemongrass) w/ Rice 65 Meatball Sub 30 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	Estimated Weekly Nutrition Average Based on All Food Offered Calories- 696 Sat. Fat-7% Sodium – 1007

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 Calories 400-500
 Saturated Fat <10%
 Sodium <540

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

MONDAY 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22	
<p>BREAKFAST Muffin W/ Yogurt 49 Cereal Yogurt Fruit & Milk</p>	<p>BREAKFAST Scrambled Eggs w/ Cereal 25 Cereal Yogurt Fruit & Milk</p>	<p>BREAKFAST Sausage & Cheese Sandwich 30 Cereal Yogurt Fruit & Milk</p>			<p>Estimated Weekly Nutrition Average Based on All Food Offered</p> <p>Calories- 499 Saturated Fat- 5% Sodium – 456mg</p>
<p>LUNCH HOT SPOT Zesty Orange Chicken w/ Rice 64 General Tso Chicken w/ Rice 64</p> <p>SANDWICHES Breaded Chicken Fillet Sandwich 45 Cheeseburger 30 Ham Sub 32 Hotdog 30</p> <p>PIZZAS Cheese 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 Cheesy French Bread 29 with Marinara Dipping Sauce 6</p> <p>SANDWICHES Breaded Chicken Fillet Sandwich 45 Cheeseburger 30 Turkey Sub 32 Bacon Cheeseburger 30</p> <p>PIZZAS Pepperoni Pizza 29</p> <p>SALADS Salad (Veggie) 37 Club Salad 31</p>	<p>LUNCH HOT SPOT Breaded Chicken Tenders 16</p> <p>SANDWICHES Breaded Chicken Fillet Sandwich 45 Cheeseburger 30 Turkey Sub 32 Hot Ham and Cheese 30</p> <p>PIZZAS Cheese Pizza 29</p> <p>SALADS Salad (Veggie) 37 Salad (Ham & Cheese) 30</p> <p>HOT VEG - French Fries</p>			<p>Estimated Weekly Nutrition Average Based on All Food Offered</p> <p>Calories- 682 Sat. Fat-8% Sodium – 1053</p>

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Nutrition Ranges
 Calories 400-500
 Saturated Fat <10%
 Sodium <540

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

MONDAY 25	TUESDAY 26	WEDNESDAY 27	THURSDAY 28	FRIDAY 29	Menu subject to change without notice.
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	BREAKFAST Yogurt Parfait Cereal Yogurt Fruit & Milk	BREAKFAST Breakfast Bagel Cereal Yogurt Fruit & Milk	BREAKFAST Breakfast Wrap Cereal Yogurt Fruit & Milk	BREAKFAST PB&J Cereal Yogurt Fruit & Milk	
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	LUNCH HOT SPOT Boneless Chicken Wings 11 SANDWICHES Breaded Chicken Fillet Sandwich 45 Cheeseburger 30 Turkey Sub 32 Bacon Cheeseburger 30 PIZZAS Cheese Pizza 29 SALADS Salad (Veggie) 37 Salad (Chicken & Cheese) 30 HOT VEG - French Fries	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 HOT VEG - Stir Fry Veggies 3	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 HOT VEG - Fiesta Beans 18	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	
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MONDAY

TUESDAY

WEDNESDAY

FRIDAY

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TRIVIA TIME!!! What are the top two selling condiments in the United States?

FUN FOOD JOKE

Q. Why were the berries late to work?

A. They were in a jam!

FOOD FACTS: Apples turn brown because of an enzyme polyphenol oxidase that is in the apple naturally. When the apple is sliced or bitten, the cells are ruptured and release the enzyme. The apple is perfectly safe to eat.

