

# March 2019 Tomah High 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.

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.

Lunch 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 - \$1.70  
Reduced - \$0.30

**Lunch Meal Prices:**

Full Paid - \$2.95  
Reduced - \$0.40



**Breakfast Required Weekly**

**Nutrition Ranges**  
Calories 450-600  
Saturated Fat <10%  
Sodium <640

**Lunch Required Weekly**

**Nutrition Ranges**  
Calories 750-850  
Saturated Fat <10%  
Sodium <1420

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b> 1	<b>Menu subject to change without notice.</b>
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## BREAKFAST

- Waffle
- Cereal
- Yogurt
- Breakfast Pizza
- PB&J
- Strawberry Yogurt Parfait
- Muffin
- Banana Bread
- Fruit & Milk

**Estimated Weekly Nutrition**

**Average Based on All Food Offered**

Calories- 595  
Saturated Fat- 6%  
Sodium – 632

## LUNCH

### HOT SPOT

- Sweet Thai Chicken w/ Rice
- Kung Pao Chicken w/ Rice

### SALADS

- Salad (Veggie) 37
- Salad (Ham & Cheese) 30
- Salad ( Chicken & Cheese) 30
- Salad (Taco) 24

### SANDWICHES

- Breaded Chicken Fillet Sandwich 38
- Cheeseburger 30
- Ham Sub 32
- Turkey Sub 32
- Buffalo Chicken Sandwich 45

### PIZZAS

- Pepperoni Pizza 29
- Cheese Pizza 29
- Sausage Pizza 29
- Tito's Taco Pizza 32

**Estimated Weekly Nutrition**

**Average Based on All Food Offered**

Calories-818  
Saturated Fat- 8%  
Sodium – 1164

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 3 **Vegetable**  
 4 **Fruit**  
 5 **Milk**  
 6 **Meat/Grain Combo**  
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 Saturated Fat <10%  
 Sodium<640  
**Lunch Required Weekly Nutrition Ranges**  
 Calories 750-850  
 Saturated Fat <10%  
 Sodium<1420

MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7	FRIDAY 8	
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>Menu subject to change without notice.</b>
Pancake Sausage on a Stick Cereal Yogurt Breakfast Pizza PB&J Strawberry Yogurt Parfait Muffin Banana Bread Fruit & Milk	Cinnamon Roll Cereal Yogurt Breakfast Pizza PB&J Strawberry Yogurt Parfait Muffin Banana Bread Fruit & Milk	Egg & Cheese Sandwich Cereal Yogurt Breakfast Pizza PB&J Strawberry Yogurt Parfait Muffin Banana Bread Fruit & Milk	Pancake Yogurt Cereal Breakfast Pizza PB&J Strawberry Yogurt Parfait Muffin Banana Bread Fruit & Milk	Breakfast Bagel Cereal Yogurt Breakfast Pizza PB&J Strawberry Yogurt Parfait Muffin Banana Bread Fruit & Milk	<p><b><u>Estimated Weekly Nutrition Average Based on All Food Offered</u></b></p> <p>Calories- 578                      Saturated Fat- 7%                      Sodium – 615</p>
<b>LUNCH HOT SPOT</b>	<b>LUNCH HOT SPOT</b>	<b>LUNCH HOT SPOT</b>	<b>LUNCH HOT SPOT</b>	<b>LUNCH HOT SPOT</b>	<b>Estimated Weekly Nutrition Average Based on All Food Offered</b>
Chicken Fajita <b>27</b> Bean Burrito <b>52</b> Beef Burrito <b>41</b> <b>SALADS</b> Salad (Veggie) <b>37</b> Salad (Ham & Cheese) <b>30</b> Salad (Chicken & Cheese) <b>30</b> Buffalo Chicken Salad <b>30</b> <b>SANDWICHES</b> Breaded Chicken Fillet Sandwich <b>38</b> Cheeseburger <b>30</b> Ham Sub <b>32</b> Turkey Sub <b>32</b> Hot Beef and Cheddar Sandwich <b>30</b> <b>PIZZAS</b> Pepperoni Pizza <b>29</b> Cheese Pizza <b>29</b> Sausage Pizza <b>29</b> Personal Pan Pizza <b>33</b> <b>HOT VEG - Fiesta Beans 18</b>	Classic Lasagna with <b>Garlic Breadstick 49</b> Chicken and Waffles <b>42</b> <b>SALADS</b> Salad (Veggie) <b>37</b> Salad (Ham & Cheese) <b>30</b> Salad (Chicken & Cheese) <b>30</b> Caesar Salad <b>33</b> <b>SANDWICHES</b> Breaded Chicken Fillet Sandwich <b>38</b> Cheeseburger <b>30</b> Ham Sub <b>32</b> Turkey Sub <b>32</b> Chicken, Bacon & Cheddar Sub <b>30</b> <b>PIZZAS</b> Pepperoni Pizza <b>29</b> Cheese Pizza <b>29</b> Sausage Pizza <b>29</b> Supreme Pizza <b>30</b>	Cheesy French Bread <b>29</b> with <b>Marinara Dipping Sauce 6</b> Chicken Tender w/ a <b>Breadstick 33</b> <b>SALADS</b> Salad (Veggie) <b>37</b> Salad (Ham & Cheese) <b>30</b> Salad (Chicken & Cheese) <b>30</b> <b>SANDWICHES</b> Breaded Chicken Fillet Sandwich <b>38</b> Cheeseburger <b>30</b> Ham Sub <b>32</b> Turkey Sub <b>32</b> Alaskan Pollock Fillet Sandwich <b>42</b> <b>PIZZAS</b> Pepperoni Pizza <b>29</b> Cheese Pizza <b>29</b> Sausage Pizza <b>29</b> Chicken Fajita Pizza <b>30</b> <b>HOT VEG – French Fries</b>	Zesty Orange Chicken w/ <b>Rice 64</b> General Tso Chicken w/ <b>Rice 64</b> <b>SALADS</b> Salad (Veggie) <b>37</b> Salad (Ham & Cheese) <b>30</b> Salad (Chicken & Cheese) <b>30</b> Salad (Taco) <b>40</b> <b>SANDWICHES</b> Breaded Chicken Fillet Sandwich <b>38</b> Cheeseburger <b>30</b> Ham Sub <b>32</b> Turkey Sub <b>32</b> BBQ (sloppy Joe) Sandwich <b>38</b> <b>PIZZAS</b> Pepperoni Pizza <b>29</b> Cheese Pizza <b>29</b> Sausage Pizza <b>29</b> Buffalo Chicken Pizza <b>27</b> <b>HOT VEG - Stir Fry Veggies 3</b>	Mini Corn Dog <b>40</b> Chicken Alfredo with <b>Garlic Breadstick w/ Penne Pasta 60</b> <b>SALADS</b> Salad (Veggie) <b>37</b> Salad (Ham & Cheese) <b>30</b> Salad (Chicken & Cheese) <b>30</b> Club Salad <b>31</b> <b>SANDWICHES</b> Breaded Chicken Fillet Sandwich <b>38</b> Cheeseburger <b>30</b> Ham Sub <b>32</b> Turkey Sub <b>32</b> Carolina Pulled Pork Sandwich <b>34</b> <b>PIZZAS</b> Pepperoni Pizza <b>29</b> Cheese Pizza <b>29</b> Sausage Pizza <b>29</b> Veggie Pizza <b>37</b>	<p><b><u>Estimated Weekly Nutrition Average Based on All Food Offered</u></b></p> <p>Calories- 800                      Saturated Fat- 7%                      Sodium – 1157</p>

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Fruit, Vegetables, & Milk served with every meal.

Lunch Components & Colors 6&7 are combinations of components  
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 2 **Grain**  
 3 **Vegetable**  
 4 **Fruit**  
 5 **Milk**  
 6 **Meat/Grain Combo**  
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**Lunch Meal Prices:**  
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**Breakfast Required Weekly Nutrition Ranges**  
 Calories 450-600  
 Saturated Fat <10%  
 Sodium<640  
**Lunch Required Weekly Nutrition Ranges**  
 Calories 750-850  
 Saturated Fat <10%  
 Sodium<1420

MONDAY 11	TUESDAY 12	WEDNESDAY 13	THURSDAY 14	FRIDAY 15	
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>Menu subject to change without notice.</b>
Waffle Cereal Yogurt Breakfast Pizza PB&J Strawberry Yogurt Parfait Muffin Banana Bread Fruit & Milk	Scrambled Eggs Cereal Yogurt Breakfast Pizza PB&J Strawberry Yogurt Parfait Muffin Banana Bread Fruit & Milk	Sausage & Cheese Sandwich Cereal Yogurt Breakfast Pizza PB&J Strawberry Yogurt Parfait Muffin Banana Bread Fruit & Milk	Breakfast Wrap Cereal Yogurt Breakfast Pizza PB&J Strawberry Yogurt Parfait Muffin Banana Bread Fruit & Milk	French Toast Cereal Yogurt Breakfast Pizza PB&J Strawberry Yogurt Parfait Muffin Banana Bread Fruit & Milk	Estimated Weekly Nutrition Average Based on All Food Offered  Calories- 595 Saturated Fat- 6% Sodium – 632
<b>LUNCH HOT SPOT</b>	<b>LUNCH HOT SPOT</b>	<b>LUNCH HOT SPOT</b>	<b>LUNCH HOT SPOT</b>	<b>LUNCH HOT SPOT</b>	<b>Estimated Weekly Nutrition Average Based on All Food Offered</b>
Boneless Chicken Wings w/ a Breadstick <b>22</b> Meatballs & Gravy w/Breadsticks <b>43</b> <b>SALADS</b> Salad (Veggie) <b>37</b> Salad (Ham & Cheese) <b>30</b> Salad ( Chicken & Cheese) <b>30</b> Buffalo Chicken Salad <b>30</b> <b>SANDWICHES</b> Breaded Chicken Fillet Sandwich <b>38</b> Cheeseburger <b>30</b> Ham Sub <b>32</b> Turkey Sub <b>32</b> Bacon Cheeseburger <b>30</b> <b>PIZZAS</b> Pepperoni Pizza <b>29</b> Cheese Pizza <b>29</b> Sausage Pizza <b>29</b> Supreme Pizza <b>30</b> <b>HOT VEG - Mashed Potatoes 17</b>	Mandarin Chicken w/ Rice <b>67</b> Golden Fish Sticks w/Rice <b>75</b> <b>SALADS</b> Salad (Veggie) <b>37</b> Salad (Ham & Cheese) <b>30</b> Salad ( Chicken & Cheese) <b>30</b> Crispy Chicken Salad <b>38</b> <b>SANDWICHES</b> Breaded Chicken Fillet Sandwich <b>38</b> Cheeseburger <b>30</b> Ham Sub <b>32</b> Turkey Sub <b>32</b> En Fuego Burger <b>34</b> <b>PIZZAS</b> Pepperoni Pizza <b>29</b> Cheese Pizza <b>29</b> Sausage Pizza <b>29</b> Personal Pan Pizza <b>33</b> <b>HOT VEG - Stir Fry Veggies 3</b>	Italian Meat Sauce with Garlic Breadstick w/ Penne Pasta <b>67</b> Chicken Nacho's <b>51</b> <b>SALADS</b> Salad (Veggie) <b>37</b> Salad (Ham & Cheese) <b>30</b> Salad ( Chicken & Cheese) <b>30</b> Salad ( Chicken & Cheese) <b>30</b> Club Salad <b>31</b> <b>SANDWICHES</b> Breaded Chicken Fillet Sandwich <b>38</b> Cheeseburger <b>30</b> Ham Sub <b>32</b> Turkey Sub <b>32</b> Specialty Sandwich <b>PIZZAS</b> Pepperoni Pizza <b>29</b> Cheese Pizza <b>29</b> Sausage Pizza <b>29</b> Veggie Pizza <b>37</b>	Mac and Cheese and Cornbread <b>49</b> Chicken Nuggets w/Cornbread <b>46</b> <b>SALADS</b> Salad (Veggie) <b>37</b> Salad (Ham & Cheese) <b>30</b> Salad ( Chicken & Cheese) <b>30</b> Taco Salad <b>40</b> <b>SANDWICHES</b> Breaded Chicken Fillet Sandwich <b>38</b> Cheeseburger <b>30</b> Ham Sub <b>32</b> Turkey Sub <b>32</b> Cuban Sandwich <b>35</b> <b>PIZZAS</b> Pepperoni Pizza <b>29</b> Cheese Pizza <b>29</b> Sausage Pizza <b>29</b> Taco Pizza <b>40</b>	Walking Tacos <b>32</b> Cheese Quesadilla <b>26</b> <b>SALADS</b> Salad (Veggie) <b>37</b> Salad (Ham & Cheese) <b>30</b> Salad ( Chicken & Cheese) <b>30</b> Oriental Chicken Salad <b>SANDWICHES</b> Breaded Chicken Fillet Sandwich <b>38</b> Cheeseburger <b>30</b> Ham Sub <b>32</b> Turkey Sub <b>32</b> Club Sub <b>32</b> <b>PIZZAS</b> Pepperoni Pizza <b>29</b> Cheese Pizza <b>29</b> Sausage Pizza <b>29</b> Buffalo Chicken Pizza <b>27</b> <b>HOT VEG - Fiesta Beans 18</b>	Calories- 815 Saturated Fat- 7% Sodium – 1145



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MONDAY

TUESDAY

WEDNESDAY

FRIDAY

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### FUN FOOD JOKE

Q. Why were the berries late to work?

A. They were in a jam!

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

FOOD FACT: 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.

