



May 2019 Tomah Elementary School Menu

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| <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> <div style="background-color: #cccccc; padding: 10px; text-align: center;"> <p>The USDA is an equal opportunity provider.</p> </div> | <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 Saturated Fat <10% Sodium<1230</p> |
| <p>JOKE TIME!!! A chicken pie in Jamaica costs \$1.50. A chicken pie in Trinidad costs \$1.75. A chicken pie in St Kitts costs \$2.50. These are the pie rates of the Caribbean!</p> | <p>Want a joke on next school years menu? Send them to the Food Service Office and I will pick one every month to put on the menu!</p>  | <p>1 Cheese Pizza 30 or Alaskan Pollock Filet Sandwich 42</p> | <p>2 Hamburger or Cheeseburger 30 or Popcorn Chicken w/ a Breadstick 37 Potato Stars 20</p> | <p>3 Mini Corn Dog Nuggets 29 Or Creamy Macaroni and Cheese w/ Breadstick 57</p> | |
| <p>6 Crispy Chicken Patty Sandwich 45 Or Hot Ham & Cheese Sandwich 32</p> | <p>7 Walking Tacos 22 *Lettuce, olives, diced onions & Tomatoes or Chicken Nuggets 17 Fiesta Beans 18</p> | <p>8 Meatball Marinara Sub 39 or Pepperoni Pizza 29</p> | <p>9 Chicken and Waffles Or BBQ (sloppy Joe) Sandwich 38 Peas 12</p> | <p>10 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 Calories-600 Saturated Fat-9% Sodium – 1050</p> |
| <p>13 Cheesy French Bread 29 with Marinara Dipping Sauce 6 or Chicken Tender Strips w/ a Breadstick 29</p> | <p>14 Hamburger or Cheeseburger 30 or Mini Corn Dog Nuggets 29 Baked Beans 29</p> | <p>15 Cheese Pizza 30 or Crispy Chicken Patty Sandwich 45 Peas 12</p> | <p>16 French Toast Sticks and a Sausage Link 40 Or Deli Turkey and Cheese Sub 32 Warm Cinnamon Apples 30</p> | <p>17 Popcorn Chicken w/ a Breadstick 37 Or or Alaskan Pollock Filet Sandwich 42</p> | <p>Estimated Weekly Nutrition Average Based on All Food Offered Calories- 640 Saturated Fat- 8% Sodium – 1086</p> |
| <p>20 Italian Meat Sauce with Garlic Breadstick w/ Penne Pasta 47 or Breaded Chicken Patty Sandwich 45</p> | <p>21 Chicken Nuggets 17 W/ Graham Bites 21 or Golden Crunchy Fish Sticks 23 W/ Graham Bites 21 Potato Stars 20</p> | <p>22 Pepperoni Pizza 29 Or Mandarin Chicken w/ Rice 41 Stir Fry Veggies 3</p> | <p>23 Creamy Macaroni and Cheese w/ Cinnamon Crisps 57 or Breaded Chicken Tenders w/ a Cinnamon Crisps 29</p> | <p>24 Walking Tacos 22*Lettuce, olives, diced onions & Tomatoes or BBQ Rib Sandwich 35</p> | <p>Estimated Weekly Nutrition Average Based on All Food Offered Calories- 600 Saturated Fat- 9% Sodium – 1000</p> |
| <p>27 NO SCHOOL</p> | <p>28 ON JUNE MENU</p> | <p>29 ON JUNE MENU</p> | <p>30 ON JUNE MENU</p> | <p>31 ON JUNE MENU</p> | |