

May 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

Menu subject to change without notice.

Estimated Weekly Nutrition Average Based on All Food Offered

Calories - 595
Saturated Fat - 6%
Sodium - 632

Estimated Weekly Nutrition Average Based on All Food Offered

Calories - 800
Saturated Fat - 7%
Sodium - 1157

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2 **Grain**
3 **Vegetable**
4 **Fruit**
5 **Milk**
6 **Meat/Grain Combo**
7 **Meat/Grain/Veggie or Fruit Combo**


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Sodium<640

Lunch Required Weekly
Nutrition Ranges
Calories 750-850
Saturated Fat <10%
Sodium<1420

MONDAY
6

TUESDAY
7

WEDNESDAY
8

THURSDAY
9

FRIDAY
10

Menu subject to change without notice.

BREAKFAST

Pancake Sausage on a Stick
Cereal
Yogurt
Breakfast Pizza
PB&J
Strawberry Yogurt Parfait
Muffin
Banana Bread
Fruit & Milk

BREAKFAST

Cinnamon Roll
Cereal
Yogurt
Breakfast Pizza
PB&J
Strawberry Yogurt Parfait
Muffin
Banana Bread
Fruit & Milk

BREAKFAST

Egg & Cheese Sandwich
Cereal
Yogurt
Breakfast Pizza
PB&J
Strawberry Yogurt Parfait
Muffin
Banana Bread
Fruit & Milk

BREAKFAST

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

BREAKFAST

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

Estimated Weekly Nutrition Average Based on All Food Offered

Calories- 578
Saturated Fat- 7%
Sodium – 615

LUNCH
HOT SPOT

Boneless Chicken Wings w/ a Breadstick 22
Meatballs & Gravy w/Breadsticks 43

SALADS

Salad (Veggie) 37
Salad (Ham & Cheese) 30
Salad (Chicken & Cheese) 30
Buffalo Chicken Salad 30

SANDWICHES

Breaded Chicken Fillet Sandwich 38
Cheeseburger 30
Ham Sub 32
Turkey Sub 32
Bacon Cheeseburger 30

PIZZAS

Pepperoni Pizza 29
Cheese Pizza 29
Sausage Pizza 29
Supreme Pizza 30

HOT VEG - Mashed Potatoes 17

LUNCH
HOT SPOT

Mandarin Chicken w/ Rice 67
Golden Fish Sticks w/Rice 75

SALADS

Salad (Veggie) 37
Salad (Ham & Cheese) 30
Salad (Chicken & Cheese) 30
Crispy Chicken Salad 38

SANDWICHES

Breaded Chicken Fillet Sandwich 38
Cheeseburger 30
Ham Sub 32
Turkey Sub 32
En Fuego Burger 34

PIZZAS

Pepperoni Pizza 29
Cheese Pizza 29
Sausage Pizza 29
Personal Pan Pizza 33

HOT VEG - Stir Fry Veggies 3

LUNCH
HOT SPOT

Italian Meat Sauce with Garlic Breadstick w/ Penne Pasta 67
Chicken Nacho's 51

SALADS

Salad (Veggie) 37
Salad (Ham & Cheese) 30
Salad (Chicken & Cheese) 30
Club Salad 31

SANDWICHES

Breaded Chicken Fillet Sandwich 38
Cheeseburger 30
Ham Sub 32
Turkey Sub 32
Specialty Sandwich

PIZZAS

Pepperoni Pizza 29
Cheese Pizza 29
Sausage Pizza 29
Veggie Pizza 37

LUNCH
HOT SPOT

Mac and Cheese and Cornbread 49
Chicken Nuggets w/Cornbread 46

SALADS

Salad (Veggie) 37
Salad (Ham & Cheese) 30
Salad (Chicken & Cheese) 30
Taco Salad 40

SANDWICHES

Breaded Chicken Fillet Sandwich 38
Cheeseburger 30
Ham Sub 32
Turkey Sub 32
Cuban Sandwich 35

PIZZAS

Pepperoni Pizza 29
Cheese Pizza 29
Sausage Pizza 29
Taco Pizza 40

HOT VEG - Baked Beans 29

LUNCH
HOT SPOT

Walking Tacos 32
Cheese Quesadilla 26

SALADS

Salad (Veggie) 37
Salad (Ham & Cheese) 30
Salad (Chicken & Cheese) 30
Oriental Chicken Salad

SANDWICHES

Breaded Chicken Fillet Sandwich 38
Cheeseburger 30
Ham Sub 32
Turkey Sub 32
Club Sub 32

PIZZAS

Pepperoni Pizza 29
Cheese Pizza 29
Sausage Pizza 29
Buffalo Chicken Pizza 27

Estimated Weekly Nutrition Average Based on All Food Offered

Calories- 815
Saturated Fat- 7%
Sodium – 1145

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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**
 7 **Meat/Grain/Veggie or Fruit Combo**

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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
13

TUESDAY
14

WEDNESDAY
15

THURSDAY
16

FRIDAY
17

Menu subject to change without notice.

BREAKFAST

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

BREAKFAST

Scrambled Eggs
 Cereal
 Yogurt
 Breakfast Pizza
 PB&J
 Strawberry Yogurt Parfait
 Muffin
 Banana Bread
 Fruit & Milk

BREAKFAST

Sausage & Cheese Sandwich
 Cereal
 Yogurt
 Breakfast Pizza
 PB&J
 Strawberry Yogurt Parfait
 Muffin
 Banana Bread
 Fruit & Milk

BREAKFAST

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

BREAKFAST

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

LUNCH
HOT SPOT

Meatball Marinara with Garlic Breadstick w/ Penne Pasta 66
 Mozzarella Stuffed Breadstick 34 w/ Marinara Dipping Sauce 6

SALADS

Salad (Veggie) 37
 Salad (Ham & Cheese) 30
 Salad (Chicken & Cheese) 30
 Buffalo Chicken Salad 30

SANDWICHES

Breaded Chicken Fillet Sandwich 38
 Cheeseburger 30
 Ham Sub 32
 Turkey Sub 32
 Alaskan Pollock Filet Sandwich 42

PIZZAS

Pepperoni Pizza 34
 Cheese Pizza 34
 Sausage Pizza 34
 Personal Pan Pizza 33

LUNCH
HOT SPOT

Breaded Chicken Tenders w/ a Breadstick 33
 Mini Corn Dog 40

SALADS

Salad (Veggie) 37
 Salad (Ham & Cheese) 30
 Salad (Chicken & Cheese) 30
 Club Salad 31

SANDWICHES

Breaded Chicken Fillet Sandwich 38
 Cheeseburger 30
 Ham Sub 32
 Turkey Sub 32
 Hot Ham & Cheese Sandwich 32

PIZZAS

Pepperoni Pizza 29
 Cheese Pizza 29
 Sausage Pizza 29
 Veggie Pizza 32

HOT VEG - Baked Beans 29

LUNCH
HOT SPOT

Sweet Citrus Chicken 26 (Lemongrass) w/ Rice 46
 General Tso Chicken 26 w/ Rice 46

SALADS

Salad (Veggie) 37
 Salad (Ham & Cheese) 30
 Salad (Chicken & Cheese) 30
 Salad (Turkey & Cheese) 30

SANDWICHES

Breaded Chicken Fillet Sandwich 38
 Cheeseburger 30
 Ham Sub 32
 Turkey Sub 32
 Pulled Pork Sandwich 34

PIZZAS

Pepperoni Pizza 29
 Cheese Pizza 29
 Sausage Pizza 29
 Hawaiian Pizza 33

HOT VEG - Stir Fry Veggies 3

LUNCH
HOT SPOT

Popcorn Chicken w/ a Breadstick 41
 BBQ Rib Sandwich 34

SALADS

Salad (Veggie) 37
 Salad (Ham & Cheese) 30
 Salad (Chicken & Cheese) 30
 Crispy Chicken Salad 38

SANDWICHES

Breaded Chicken Fillet Sandwich 38
 Cheeseburger 30
 Ham Sub 32
 Turkey Sub 32
 Meatball Marinara Sub 40

PIZZAS

Pepperoni Pizza 29
 Cheese Pizza 29
 Sausage Pizza 29
 Buffalo Chicken Pizza 27

HOT VEG – Mashed Potatoes 17

LUNCH
HOT SPOT

Cheesy French Bread 29 with Marinara Dipping Sauce 6
 Chicken Quesadilla 26

SALADS

Salad (Veggie) 37
 Salad (Ham & Cheese) 30
 Salad (Chicken & Cheese) 30
 Caesar Salad 33

SANDWICHES

Breaded Chicken Fillet Sandwich 38
 Cheeseburger 30
 Ham Sub 32
 Turkey Sub 32
 Pizza Burger 38

PIZZAS

Pepperoni Pizza 29
 Cheese Pizza 29
 Sausage Pizza 29
 Supreme Pizza 30

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Lunch Required Weekly
Nutrition Ranges
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MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24	
CHECK JUNE MENU	CHECK JUNE MENU	CHECK JUNE MENU	CHECK JUNE MENU	CHECK JUNE MENU	Menu subject to change without notice.
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Lunch Required Weekly
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MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 31	
NO SCHOOL	CHECK JUNE MENU	CHECK JUNE MENU	CHECK JUNE MENU	CHECK JUNE MENU	Menu subject to change without notice.
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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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FUN FOOD JOKE

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!

TRIVIA TIME!!! TRIVIA TIME!!!

Did you read the trivia questions this school year? If you did, submit the answer to every question on the monthly menus to the Food Service Office and win a prize!

