

May 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**

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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

WEDNESDAY
1

THURSDAY
2

FRIDAY
3

Menu subject to change without notice.

BREAKFAST
 Breakfast Bagel
 Cereal
 Yogurt
 Fruit & Milk

BREAKFAST
 Breakfast Wrap
 Cereal
 Yogurt
 Fruit & Milk

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
 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- 674
 Sat. Fat-7%
 Sodium – 1010

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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 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10	
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 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 Filet 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- 493 Sat. Fat- 4% Sodium – 431mg 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 13	TUESDAY 14	WEDNESDAY 15	THURSDAY 16	FRIDAY 17	
BREAKFAST	Waffle 30 w/ Yogurt Cereal Yogurt Fruit & Milk	Strawberry Yogurt Parfait 61 Cereal Yogurt Fruit & Milk	Breakfast Bagel 30 Cereal Yogurt Fruit & Milk	Breakfast Wrap 14 Cereal Yogurt Fruit & Milk	PB&J Sandwich 32 Cereal Yogurt Fruit & Milk	Menu subject to change without notice.
BREAKFAST						Estimated Weekly Nutrition Average Based on All Food Offered Calories-499 Saturated Fat-3% Sodium – 428mg
LUNCH HOT SPOT	Zesty Orange Chicken w/ Rice 64 General Tso Chicken w/ Rice 64	Cheesy French Bread 29 with Marinara Dipping Sauce 6	Breaded Chicken Tenders 16	Meatball Marinara with Garlic Breadstick w/ Penne Pasta 66	Walking Tacos 28	Estimated Weekly Nutrition Average Based on All Food Offered Calories- 682 Sat. Fat-8% Sodium – 1053
SANDWICHES	Breaded Chicken Fillet Sandwich 45 Cheeseburger 30 Ham Sub 32 Hotdog 30	Breaded Chicken Fillet Sandwich 45 Cheeseburger 30 Turkey Sub 32 Bacon Cheeseburger 30	SANDWICHES Breaded Chicken Fillet Sandwich 45 Cheeseburger 30 Turkey Sub 32 Hot Ham and Cheese 30	SANDWICHES Breaded Chicken Fillet Sandwich 45 Cheeseburger 30 Turkey Sub 32 Alaskan Pollock Filet Sandwich 42	SANDWICHES Breaded Chicken Fillet Sandwich 45 Cheeseburger 30 Turkey Sub 32 Chicken Bacon Cheese Sub 32	
PIZZAS	Cheese Pizza 29	Pepperoni Pizza 29	PIZZAS Cheese Pizza 29	PIZZAS Pepperoni Pizza 29	PIZZAS Pepperoni Pizza 29	
SALADS	Salad (Veggie) 37 Salad (Ham & Cheese) 30	SALADS Salad (Veggie) 37 Club Salad 31	SALADS Salad (Veggie) 37 Salad (Ham & Cheese) 30	SALADS Salad (Veggie) 37 Salad (Chicken & Cheese) 30	SALADS Salad (Veggie) 37 Salad (Chicken & Cheese) 30	
HOT VEG - Stir Fry Veggies 3			HOT VEG - French Fries		HOT VEG - Baked Beans 29	

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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 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24	Menu subject to change without notice.
<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>BREAKFAST Banana Bread w/ Yogurt 63 Cereal Yogurt Fruit & Milk</p>	<p>BREAKFAST Breakfast Pizza 21 Cereal Yogurt Fruit & Milk</p>	<p><u>Estimated Weekly Nutrition Average Based on All Food Offered</u> Calories- 499 Saturated Fat- 5% Sodium – 456mg</p>
<p>LUNCH HOT SPOT Italian Meat Sauce with Garlic Breadstick w/ Penne Pasta 67 SANDWICHES Breaded Chicken Fillet Sandwich 45 Cheeseburger 30 Alaskan Pollock Filet Sandwich 42 Ham Sub 32 PIZZAS Pepperoni Pizza 29 SALADS Salad (Veggie) 37 Club Salad 31</p>	<p>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 <u>HOT VEG</u> - French Fries</p>	<p>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 <u>HOT VEG</u> - Stir Fry Veggies 3</p>	<p>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 <u>HOT VEG</u> - Fiesta Beans 18</p>	<p>LUNCH HOT SPOT 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</p>	

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Nutrition Ranges
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 Sodium <540
Lunch Required Weekly
Nutrition Ranges
 Calories 600-700
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 Sodium <1360

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MONDAY 27	TUESDAY 28	WEDNESDAY 29	THURSDAY 30	FRIDAY 31	
NO SCHOOL	BREAKFAST ON JUNE MENU	BREAKFAST ON JUNE MENU	BREAKFAST ON JUNE MENU	BREAKFAST ON JUNE MENU	
NO SCHOOL	LUNCH ON JUNE MENU	LUNCH ON JUNE MENU	LUNCH ON JUNE MENU	LUNCH ON JUNE MENU	

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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!



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!

