

September 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.

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Breakfast Meal Prices:
 Full Paid - \$1.65
 Reduced - \$0.30

Lunch Meal Prices:
 Full Paid - \$2.95
 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 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6	
	BREAKFAST Scrambled Eggs w/ Cereal 25 Cereal Yogurt Fruit & Milk	BREAKFAST Sausage & Cheese Sandwich 30 Cereal Yogurt Fruit & Milk	BREAKFAST Muffin W/ Yogurt 49 Cereal Yogurt Fruit & Milk	BREAKFAST Breakfast Pizza 21 Cereal Yogurt Fruit & Milk	Estimated Weekly Nutrition Average Based on All Food Offered Calories- 499 Saturated Fat- 5% Sodium – 456mg
	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 Breaded Chicken Tenders 20 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 (Crispy Chicken & Cheese) 38 HOT VEG – French Fries 21	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 Burrito, Beef 41 or Bean 51 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 – Ranchero Beans 20	Menu subject to change without notice. Estimated Weekly Nutrition Average Based on All Food Offered Calories- 690 Sat. Fat-8% Sodium – 1072

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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 9	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13	
BREAKFAST French Toast Cereal Yogurt Fruit & Milk	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	<p>Menu subject to change without notice.</p> <p><u>Estimated Weekly Nutrition Average Based on All Food Offered</u></p> <p>Calories- 497 Saturated Fat- 3% Sodium – 430</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	LUNCH HOT SPOT Boneless Chicken Wings 17 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 - Mashed Potatoes 17	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 32 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 - Ranchero Beans 20	LUNCH HOT SPOT Mac & Cheese and Breadstick 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	<p><u>Estimated Weekly Nutrition Average Based on All Food Offered</u></p> <p>Calories- 682 Sat. Fat-7% Sodium – 1101</p>

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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 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20	Menu subject to change without notice.
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	Estimated Weekly Nutrition Average Based on All Food Offered Calories- 493 Sat. Fat- 4% Sodium – 431mg
LUNCH HOT SPOT Chicken Tenders 20 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 W/ Breadstick 34 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 Fillet 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- 688 Sat. Fat-8% Sodium – 1087

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 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 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27	
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		<p>Menu subject to change without notice.</p> <p>Estimated Weekly Nutrition Average Based on All Food Offered</p> <p>Calories-499 Saturated Fat-3% Sodium – 428mg</p>
LUNCH HOT SPOT Chicken Nuggets W/ Breadstick 34 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 32 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 HOT VEG - Ranchero Beans 20	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 40 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		<p>Estimated Weekly Nutrition Average Based on All Food Offered</p> <p>Calories- 677 Sat. Fat-7% Sodium – 1051</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
30

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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BREAKFAST

Banana Bread w/ Yogurt **63**
Cereal
Yogurt
Fruit & Milk

LUNCH

HOT SPOT

Meatball Marinara with Garlic
Breadstick w/ Penne Pasta **66**

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**

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MONDAY

TUESDAY

WEDNESDAY

FRIDAY

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FUN FOOD JOKE

Q. What do you call a droid that takes the long way around?

A. R2 Detour

Trivia Question: Except for Earth, who are all of the planets in our solar system named after?

FUN FACTS: Refried Beans are only fried once, if at all.

