


October 2019 Tomah Lemonweir Elementary School Menu

<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> <p style="text-align: center;">The USDA is an equal opportunity provider.</p>	<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 - \$2.80 Reduced - \$0.40</p> <p>Required Weekly Nutrition Ranges Calories 550-650</p> <p>Saturated Fat <10% Sodium <1230</p>
<p>JOKE TIME!!!!!!</p> <p>Q. What do you call a cow eating your grass?</p> <p>A. A lawn Moo-er!</p>	<p>1 Hamburger or Cheeseburger 30 or Mini Corn Dog Nuggets 29</p> <p>Baked Beans 29</p>	<p>2 Cheese Pizza 30 or Fruity Yogurt, Graham Bites and String Cheese 60</p>	<p>3 Cheesy French Bread 29 with Marinara Dipping Sauce 6 or Chicken Tender Strips w/ a Breadstick 29</p>	<p>4 Mozzarella Stuffed Breadstick 34 w/ Marinara Dipping Sauce 6 Or Zesty Orange Chicken w/ Rice 64</p>	<p><u>Estimated Weekly Nutrition Average Based on All Food Offered</u></p> <p>Calories- 593 Saturated Fat- 9% Sodium – 984</p>
<p>7 Italian Meat Sauce with Garlic Breadstick w/ Penne Pasta 47 or Breaded Chicken Patty Sandwich 44</p>	<p>8 Chicken Nuggets 17 W/ Graham Bites 21 or Golden Crunchy Fish Sticks 23 W/ Graham Bites 21</p>	<p>9 Pepperoni Pizza 29 Or Mandarin Chicken w/ Rice 41</p> <p>Stir Fry Veggies 3</p>	<p>10 Walking Tacos 31 *Lettuce, olives, diced onions & Tomatoes or BBQ Rib Sandwich 35</p> <p>Texas Ranchero Beans 20</p>	<p>11 Creamy Macaroni and Cheese w/ Graham Bites 53 or PB&J w/ Graham Bites 53</p> <p>Potato Wedges 20</p>	<p><u>Estimated Weekly Nutrition Average Based on All Food Offered</u></p> <p>Calories- 647 Saturated Fat- 7% Sodium - 1062</p>
<p>14 Breaded Chicken Tenders w/ a Breadstick 29 or Hot Ham & Cheese Sandwich 32</p> <p>Baked Beans 29</p>	<p>15 Cheesy French Bread 29 with Marinara Dipping Sauce 6 or Fruity Yogurt, Graham Bites and String Cheese 60</p>	<p>16 Cheese Pizza 30 or Alaskan Pollock Filet Sandwich 42</p>	<p>17 Hamburger or Cheeseburger 30 or Popcorn Chicken w/ a Breadstick 37</p> <p>Mashed Potatoes 20</p>	<p>18 Mini Corn Dog Nuggets 29 Or Chicken Alfredo with Breadstick w/ Penne Pasta 39</p>	<p><u>Estimated Weekly Nutrition Average Based on All Food Offered</u></p> <p>Calories-611 Saturated Fat-9% Sodium – 1043</p>
<p>21 Crispy Chicken Patty Sandwich 44 Or Pepperoni Pizza 29</p>	<p>22 Walking Tacos 31 *Lettuce, olives, diced onions & Tomatoes or Chicken Nuggets 17</p> <p>Texas Ranchero Beans 20</p>	<p>23 Meatball Marinara Sub 39 or PB&J w/ Graham Bites 53</p>	<p>24 Chicken and Waffles 41 Or BBQ (sloppy Joe) Sandwich 38</p>	<p>25</p>	<p><u>Estimated Weekly Nutrition Average Based on All Food Offered</u></p> <p>Calories- 649 Saturated Fat- 7% Sodium – 1150</p>
<p>28 French Toast Sticks and a Sausage Link 40 Or Deli Turkey and Cheese Sub 32</p> <p>Tri-Taters 36</p>	<p>29 Hamburger or Cheeseburger 30 or Mini Corn Dog Nuggets 29</p> <p>Baked Beans 29</p>	<p>30 Cheese Pizza 30 or Fruity Yogurt, Graham Bites and String Cheese 60</p>	<p>31 Cheesy French Bread 29 with Marinara Dipping Sauce 6 or Chicken Tender Strips w/ a Breadstick 29</p>	<p>Riddle !!!!!!! When is the moon the heaviest?</p> <p>FUN FACT!!!!!! Garlic is a super awesome superfood! Garlic contains many vitamins and minerals that are good for you!</p>	