

October 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	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4	
		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	<u>Estimated Weekly Nutrition Average Based on All Food Offered</u> 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 <u>HOT VEG</u> – 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 <u>HOT VEG</u> - 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 <u>HOT VEG</u> – Ranchero Beans 20	<u>Estimated Weekly Nutrition Average Based on All Food Offered</u> Calories- 690 Sat. Fat-8% Sodium – 1072

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3 Vegetable
4 Fruit
5 Milk
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Reduced - \$0.30

Lunch Meal Prices:
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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 7	TUESDAY 8	WEDNESDAY 9	THURSDAY 10	FRIDAY 11	
<p>BREAKFAST</p> <p>French Toast Cereal Yogurt Fruit & Milk</p>	<p>BREAKFAST</p> <p>Yogurt Parfait Cereal Yogurt Fruit & Milk</p>	<p>BREAKFAST</p> <p>Breakfast Bagel Cereal Yogurt Fruit & Milk</p>	<p>BREAKFAST</p> <p>Breakfast Wrap Cereal Yogurt Fruit & Milk</p>		<p>Menu subject to change without notice.</p>
<p>LUNCH HOT SPOT</p> <p>Italian Meat Sauce with Garlic Breadstick w/ Penne Pasta 67</p> <p>SANDWICHES</p> <p>Breaded Chicken Fillet Sandwich 45 Cheeseburger 30 Alaskan Pollock Filet Sandwich 42 Ham Sub 32</p> <p>PIZZAS</p> <p>Pepperoni Pizza 29</p> <p>SALADS</p> <p>Salad (Veggie) 37 Club Salad 31</p>	<p>LUNCH HOT SPOT</p> <p>Boneless Chicken Wings 17</p> <p>SANDWICHES</p> <p>Breaded Chicken Fillet Sandwich 45 Cheeseburger 30 Turkey Sub 32 Bacon Cheeseburger 30</p> <p>PIZZAS</p> <p>Cheese Pizza 29</p> <p>SALADS</p> <p>Salad (Veggie) 37 Salad (Chicken & Cheese) 30</p> <p>HOT VEG - Mashed Potatoes 17</p>	<p>LUNCH HOT SPOT</p> <p>Mandarin Chicken w/ Rice 65</p> <p>SANDWICHES</p> <p>Breaded Chicken Fillet Sandwich 45 Cheeseburger 30 Ham Sub 32 Hot Ham and Cheese 30</p> <p>PIZZAS</p> <p>Pepperoni Pizza 29</p> <p>SALADS</p> <p>Salad (Veggie) 37 Salad (Ham & Cheese) 30</p> <p>HOT VEG - Stir Fry Veggies 3</p>	<p>LUNCH HOT SPOT</p> <p>Walking Tacos 32</p> <p>SANDWICHES</p> <p>Breaded Chicken Fillet Sandwich 45 Cheeseburger 30 Turkey Sub 32 Chicken Bacon Cheese Sub 32</p> <p>PIZZAS</p> <p>Cheese Pizza 29</p> <p>SALADS</p> <p>Salad (Veggie) 37 Salad (Chicken & Cheese) 30</p> <p>HOT VEG - Ranchero Beans 20</p>		<p>Estimated Weekly Nutrition Average Based on All Food Offered</p> <p>Calories- 497 Saturated Fat- 3% Sodium – 430</p> <p>Estimated Weekly Nutrition Average Based on All Food Offered</p> <p>Calories- 682 Sat. Fat-7% Sodium – 1101</p>

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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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 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 14	TUESDAY 15	WEDNESDAY 16	THURSDAY 17	FRIDAY 18	
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 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- 493 Sat. Fat- 4% Sodium – 431mg Estimated Weekly Nutrition Average Based on All Food Offered Calories- 688 Sat. Fat-8% Sodium – 1087

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Fruit, Vegetables, & Milk served with every meal.

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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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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 21	TUESDAY 22	WEDNESDAY 23	THURSDAY 24	FRIDAY 25	Menu subject to change without notice.
<p>BREAKFAST</p> <p>Waffle 30 w/ Yogurt Cereal Yogurt Fruit & Milk</p>	<p>BREAKFAST</p> <p>Strawberry Yogurt Parfait 61 Cereal Yogurt Fruit & Milk</p>	<p>BREAKFAST</p> <p>Breakfast Bagel 30 Cereal Yogurt Fruit & Milk</p>	<p>BREAKFAST</p> <p>Breakfast Wrap 14 Cereal Yogurt Fruit & Milk</p>		<p>Estimated Weekly Nutrition Average Based on All Food Offered</p> <p>Calories-499 Saturated Fat-3% Sodium – 428mg</p>
<p>LUNCH HOT SPOT</p> <p>Chicken Nuggets W/ Breadstick 34</p> <p>SANDWICHES</p> <p>Breaded Chicken Fillet Sandwich 45 Cheeseburger 30 Turkey Sub 32 Hot Ham and Cheese 30</p> <p>PIZZAS</p> <p>Pepperoni Pizza 29</p> <p>SALADS</p> <p>Salad (Veggie) 37 Salad (Ham & Cheese) 30</p> <p>HOT VEG – Baked Beans 30</p>	<p>LUNCH HOT SPOT</p> <p>Walking Tacos 32</p> <p>SANDWICHES</p> <p>Breaded Chicken Fillet Sandwich 45 Cheeseburger 30 Ham Sub 32 Bacon Cheeseburger 30</p> <p>PIZZAS</p> <p>Cheese Pizza 29</p> <p>SALADS</p> <p>Salad (Veggie) 37 Club Salad 31</p> <p>HOT VEG - Ranchero Beans 20</p>	<p>LUNCH HOT SPOT</p> <p>Mozzarella Stuffed Breadstick 34 w/ Marinara 6</p> <p>SANDWICHES</p> <p>Breaded Chicken Fillet Sandwich 45 Cheeseburger 30 Turkey Sub 32 Alaskan Pollock Filet Sandwich 42</p> <p>PIZZAS</p> <p>Pepperoni Pizza 29</p> <p>SALADS</p> <p>Salad (Veggie) 37 Salad (Chicken & Cheese) 30</p>	<p>LUNCH HOT SPOT</p> <p>Chicken and Waffles 40 Gravy or Syrup</p> <p>SANDWICHES</p> <p>Breaded Chicken Fillet Sandwich 45 Cheeseburger 30 Ham Sub 32 Hotdog 30</p> <p>PIZZAS</p> <p>Cheese Pizza 29</p> <p>SALADS</p> <p>Salad (Veggie) 37 Salad (Ham & Cheese) 30</p> <p>HOT VEG – French Fries 21</p>		<p>Estimated Weekly Nutrition Average Based on All Food Offered</p> <p>Calories- 677 Sat. Fat-7% Sodium – 1051</p>

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Breakfast Required Weekly
Nutrition Ranges
Calories400-500
Saturated Fat<10%
Sodium<540
Lunch Required Weekly
Nutrition Ranges
Calories600-700
Saturated Fat<10%
Sodium<1360

Menu subject to change without notice.

MONDAY
28

TUESDAY
29

WEDNESDAY
30

THURSDAY
31

FRIDAY

BREAKFAST

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

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

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

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

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 Saturated Fat <10%
 Sodium <540
Lunch Required Weekly Nutrition Ranges
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 Saturated Fat <10%
 Sodium <1360

MONDAY

TUESDAY

WEDNESDAY

FRIDAY

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FUN FOOD JOKE

Q. What do you call a cow eating your grass?

A. A lawn Moo-er!

Riddle !!!!!!!

When is the moon the heaviest?

FUN FACT!!!!!!

Garlic is a super awesome superfood!
 Garlic contains many vitamins and minerals that are good for you!

