



Menomonie Elementary
SY 2023-2024

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	
		Stuffed Crust Cheese Pizza Mixed Vegetables Garden Bar Milk 1	Crispy Chicken Tenders Broccoli Trees & Cheese WG Bread Garden Bar Milk 2	Cheeseburger on WG Bun Baked Beans Garden Bar Dick & Jane Crackers Milk 3	3
Brunch Lunch Colby Cheese Omelet WG French Toast Oven Roasted Potatoes Garden Bar Milk 6	Meatballs w/Gravy Mashed Potatoes WG Dinner Roll Garden Bar Milk 7	Taco Mac Green Beans WG Bread Garden Bar Milk 8	Crispy Chicken Filet on WG Bun Baked Beans Garden Bar Milk 9	Cheese Pizza Peas Garden Bar Milk 10	4
Italian Dunkers w/Marinara California Blend Veggies Garden Bar Milk 13	BBQ Pulled Pork Sandwich On WG Bun Corn on the Cob Cole Slaw Garden Bar Milk 14	Fiesta Taco Bowl (Seasoned Beef, Lettuce, Tomatoes, Cheese) WG Rice Fiesta Beans Garden Bar Milk 15	Chicken & Waffles Roasted Brussel Sprouts Garden Bar Milk 16	Cheese Pizza Mixed Vegetables Garden Bar Milk 17	5
Cheeseburger on WG Bun Baked Crinkle Fries Garden Bar Milk 20	Macaroni & Cheese Green Beans WG Bread Garden Bar Milk 21	Italian Spaghetti w/ Meatballs WG Garlic Toast Garden Bar Milk 22	All Beef Hot Dog on WG Bun Baked Beans Garden Bar Milk 23	Home Made Chicken Quesadilla California Blend Vegetables Goldfish Graham Garden Bar Milk 24	1
No School Today  27	Nachos Supreme (Seasoned Beef, Tortilla Chips, Cheese, Salsa, Lettuce, Tomatoes) Refried Beans Garden Bar Milk 28	Crispy Chicken Filet on WG Bun Sweet Potato Waffle Fries Garden Bar Milk 29	BBQ Pulled Pork Sandwich On WG Bun Warm Vegetable Garden Bar Milk 30	Cooks Choice 31	2

Garden Bar Menu- Lettuce is Local, Organic Romaine

Garden Salad Baby Carrots Assorted Fresh Vegetables Fresh Fruit Diced Peaches	Garden Salad (Spinach) Red Pepper Strips Assorted Fresh Vegetables Fresh Fruit Mandarin Oranges	Mixed Green Garden Salad Baby Carrots Assorted Fresh Vegetables Fresh Fruit Strawberry Cups or Applesauce	Garden Salad Grape Tomatoes Assorted Fresh Vegetables Fresh Fruit Pineapple	Garden Salad Baby Carrots Assorted Fresh Vegetables Fresh Fruit Assorted Fruit Sauce
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***Made with Local, Grass Fed Beef Menu Subject to Change due to availability**

This Institution is an Equal Opportunity Provider



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SY 2023-2024

Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday	
		Bacon Scramble Pizza ¹	Assorted Cereal w/String Cheese ²	Scrambled Eggs w/ WG Cinnamon Goldfish Graham ³	3
Yogurt w/Assorted Cereal ⁶	WG Muffin w/Egg Patty ⁷	Breakfast Sandwich ⁸	Pancake on a Stick ⁹	WG Cinnamon Roll ¹⁰	4
Mini Pancakes ¹³	Brekkie ¹⁴	Breakfast Scramble Pizza ¹⁵	Assorted Cereal w/String Cheese ¹⁶	Scrambled Eggs w/WG Cinnamon Goldfish Graham ¹⁷	5
Snackin' Maple Waffle ²⁰	Pancake on a Stick ²¹	Yogurt Parfait ²²	Assorted WG Breakfast Bread ²³	Cheese Omelet w/WG Bagel ²⁴	1
No School Today ²⁷ 	Maple WG French Toast Sticks ²⁸	Yogurt w/Assorted Cereal ²⁹	Cook's Choice ³⁰	Cook's Choice ³¹	2

What Makes a Breakfast?

OFFER vs SERVE
Food Items for School Breakfast

Choose **at least 3** including:

- Grains
- Meat or Meat Alternate (optional)
- Milk
- ½ Cup of **Fruits** or **Vegetables**
- **At Least 2 Other Food Items**

For best nutrition, **choose all**

What Makes a Lunch?

OFFER vs SERVE
The Five Meal Components for School Lunch

Choose **at least 3** including:

- 1 Grains
- 2 Meat or Meat Alternate
- 3 Milk
- ½ Cup of **Fruits** or **Vegetables**
- **At Least 2 Other Food Groups**

For best nutrition, **choose all 5**

Fruit, Juice, and Milk Choice Offered Daily with Each Breakfast

Menu Subject to Change due to Availability

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