




Menomonie Middle School
SY 2023-2024

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	
		Pork Banh Mi Sandwich Sidewinders Mixed Vegetables	Chicken Alfredo WG Rotini Pasta Broccoli WG Garlic Toast	Flatbread Pizza Hot Vegetable	3
Brunch Lunch Colby Cheese Omelet WG French Toast Oven Roasted Potatoes	Meatballs w/Gravy Mashed Potatoes Corn WG Dinner Roll	Taco Mac Ranchero Beans WG Bread	Chicken Tetrizzini Carrot Coins WG Dinner Roll	Pizza Oven Roasted California Blend	4
Grilled Cheese Tomato Soup Peas	Sriracha Chicken Bowl Brown Rice WG Dinner Roll Hot Vegetable	Homemade Chicken Enchilada Cilantro Lime Rice Refried Beans	Popcorn Chicken Bowl Corn WG Dinner Roll	French Bread Cheese Pizza Hot Vegetable	5
Lasagna Roll-Up w/Marinara Green Beans WG Garlic Breadstick	Scalloped Potatoes & Ham Corn WG Dinner Roll	Spaghetti and Meatballs Carrot Coins WG Garlic Toast	Chicken Shawarma WG Flatbread Mediterranean Couscous Blend Broccoli	Pizza Hot Vegetable	1
No School Today 	Nachos Supreme (Beef Taco Meat, Cheese, Lettuce, Tomatoes, Tortilla Chips) Fiesta Beans	Chicken Parmesan WG Rotini Pasta Peas WG Bread	Cook's Choice	Pizza Hot Vegetable	2

-or- Choose one of the Weekly Alternate Entree Choices

Steak Burger w/Rosemary Garlic Potatoes, Baked Beans	Chicken Tenders w/Sweet Potato Fries, WG Roll	Chicken Filet Sandwich w/WG Bun, Potato Wedges, Warm Veggie	BBQ Pulled Pork w/WG Bun, Warm veggie	Sweet & Sour Chicken w/Brown Rice, Vegetable & WG Roll
Orange Chicken w/Brown Rice, Vegetable & WG Roll	Sub Sandwich w/fresh veggie choices, & Baked Chips	Teriyaki Chicken w/Brown Rice, Vegetable & WG Roll	Honey Garlic Chicken w/Brown Rice, Vegetable, WG Roll	Grab & Go Choices
Grab & Go Choices	Grab & Go Choices	Grab & Go Choices	Grab & Go Choices	

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/ Cole Slaw 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

**Grab & Go Choices include Salads & Wrap Meals. Menu Subject to Change due to availability
This Institution is an Equal Opportunity Provider**



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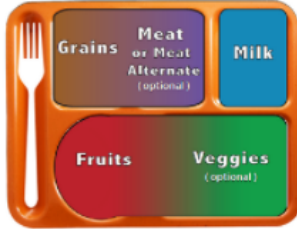
Breakfast Menu

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	Pancake on a Stick 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:



- ½ Cup of **Fruits** or **Vegetables**
- **At Least 2 Other Food Items**

For best nutrition, **choose all**

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

What Makes a Lunch?

OFFER vs SERVE
The Five Meal Components for School Lunch

Choose **at least 3** including:



- ½ Cup of **Fruits** or **Vegetables**
- **At Least 2 Other Food Groups**

For best nutrition, **choose all 5**

Menu Subject to Change due to Availability

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