




Menomonie Elementary
SY 2023-2024

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	
Brunch Lunch 1 Colby Cheese Omelet WG French Toast Oven Roasted Potatoes Garden Bar Milk	2 Meatballs w/Gravy Mashed Potatoes WG Dinner Roll Garden Bar Milk	3 Taco Mac Green Beans WG Bread Garden Bar Milk	4 Hot Ham & Cheese on WG Bun Garden Bar Milk	5 Mini Corn Dogs Baked Beans Annie's Bunny Grahams Garden Bar Milk	4
8 Toasted Cheese Sandwich Tomato Soup Garden Bar Milk	9 BBQ Pulled Pork Sandwich On WG Bun Corn on the Cob Cole Slaw Garden Bar Milk	10 Fiesta Taco Bowl (Seasoned Beef, Lettuce, Tomatoes, Cheese) WG Rice Fiesta Beans Garden Bar Milk	11 Chicken & Waffles Roasted Brussel Sprouts Garden Bar Milk	12 Cheese Pizza Mixed Vegetables Garden Bar Milk	5
15 No School Today 	16 Macaroni & Cheese Green Beans WG Bread Garden Bar Milk	17 Italian Spaghetti w/ Meatballs WG Garlic Toast Garden Bar Milk	18 All Beef Hot Dog on WG Bun Baked Beans Garden Bar Milk	19 Home Made Chicken Quesadilla California Blend Vegetables Goldfish Graham Garden Bar Milk	1
22 Lasagna Casserole WG Garlic Breadstick Broccoli Garden Bar Milk	23 Nachos Supreme (Seasoned Beef, Tortilla Chips, Cheese, Salsa, Lettuce, Tomatoes) Refried Beans Garden Bar Milk	24 Crispy Chicken Filet on WG Bun Sweet Potato Waffle Fries Garden Bar Milk	25 Hmong Heritage Celebration Pho Soup w/Meatballs WG Dinner Roll Broccoli	26 Cheese Pizza Peas Garden Bar Milk	2
29 Italian Dunkers Marinara Sauce Roasted Veggies Garden Bar Milk	30 Baked Chicken Drumstick Mashed Potatoes Gravy WG Dinner Roll Garden Bar Milk	May 1 Stuffed Crust Cheese Pizza Mixed Vegetables Garden Bar Milk	2 Crispy Chicken Tenders Broccoli Trees & Cheese WG Bread Garden Bar Milk	3 Cheeseburger on WG Bun Baked Beans Garden Bar Dick & Jane Crackers Milk	3

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	
Yogurt w/Assorted Cereal ¹	WG Muffin w/Egg Patty ²	Breakfast Sandwich ³	Pancake on a Stick ⁴	WG Cinnamon Roll ⁵	4
Mini Pancakes ⁸	Pancake on a Stick ⁹	Breakfast Pizza ¹⁰	Assorted Cereal w/String Cheese ¹¹	Scrambled Eggs w/ WG Cinnamon Goldfish Graham ¹²	5
No School Today ¹⁵ 	Pancake on a Stick ¹⁶	Yogurt Parfait ¹⁷	Assorted WG Breakfast Bread ¹⁸	Cheese Omelet w/WG Bagel ¹⁹	1
Maple WG French Toast Sticks ²²	WG Muffin w/Egg Patty ²³	Yogurt w/ Assorted Cereal ²⁴	Pancake on a Stick ²⁵	WG Cinnamon Roll ²⁶	2
Assorted WG Breakfast Bread ²⁹	Pancake on a Stick ³⁰	Bacon Scramble Pizza ^{May 1}	Assorted Cereal w/String Cheese ²	Scrambled Eggs w/ WG Cinnamon Goldfish Graham ³	3

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

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