






Menomonie Elementary  
SY 2023-2024

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	
		<b>National School Breakfast Week March 4-8!</b> Celebrate the importance of a nutritious school breakfast in fueling students for success. Check out the Breakfast Menu to see how we are celebrating!		Cheesy Pizza Mixed Vegetables Garden Bar Milk Cat in the Hat Ice Cream Sundae	1 5
Macaroni & Cheese Green Beans WG Bread Garden Bar Milk	Saucy Orange Chicken Brown Rice Garden Bar Milk	Italian Spaghetti w/ Meatballs WG Garlic Toast Garden Bar Milk	All Beef Hot Dog on WG Bun Baked Beans Garden Bar Milk	Crunchy Pollock Fish Sticks California Blend Vegetables WG Dinner Roll Garden Bar Milk	4 5 6 7 8 1
					
Lasagna Casserole WG Garlic Breadstick Broccoli Garden Bar Milk	<b>Nachos Supreme</b> (Seasoned Beef, Tortilla Chips, Cheese, Salsa, Lettuce, Tomatoes) Refried Beans Garden Bar Milk	Crispy Chicken Filet on WG Bun Sweet Potato Waffle Fries Garden Bar Milk	BBQ Pulled Pork Sandwich On WG Bun Corn on the Cob Cole Slaw Garden Bar Milk	Cheese Pizza Peas Garden Bar Milk	18 19 20 21 22 2
Italian Dunkers Marinara Sauce Roasted Veggies Garden Bar Milk	Baked Chicken Drumstick Mashed Potatoes Gravy WG Dinner Roll Garden Bar Milk	Jumbo Cheese Ravioli w/Marinara WG Garlic Knot Garden Bar Milk	Cheeseburger on WG Bun Baked Beans Garden Bar Dick & Jane Crackers Milk	No School Today 	25 26 27 28 29 3
<b>Garden Bar Menu- Lettuce is Local, Organic Romaine</b>					
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	




**\*Made with Local, Grass Fed Beef Menu Subject to Change due to availability**

**This Institution is an Equal Opportunity Provider**



Elementary School  
SY 2023-2024

Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday	
		<b>National School Breakfast Week March 4-8!</b> Celebrate the importance of a nutritious school breakfast in fueling students for success. Check out the new items offered this week in celebration.		Scrambled Eggs w/ WG Cinnamon Goldfish Graham	1 5
<i>Grubbing</i> WG Mini Cinnamon Donuts w/Turkey Sausage Patty	<i>Tubular</i> Bacon Tot Breakfast Bowl w/WG Mini Biscuit	<i>Bro'</i> Tropical Yogurt Parfait	<i>Hang Loose</i> Stuffed Hashbrown	Homemade <i>Riptide</i> French Toast Bake	4 5 6 7 8
					
WG French Toast Sticks	WG Muffin & Egg Patty	Cereal & Yogurt	Pancake on a Stick	WG Cinnamon Roll	18 19 20 21 22 2
WG Breakfast Bread	Cinnamon UBR	Breakfast Pizza	Cereal & Cheese Stick	No School Today 	25 26 27 28 29 3

**What Makes a Breakfast?**

**OFFER vs SERVE**  
Food Items for School Breakfast

Choose **at least 3** including:

Grains	Meat or Meat Alternate <small>(optional)</small>	Milk	<ul style="list-style-type: none"> <li>• ½ Cup of <b>Fruits</b> or <b>Vegetables</b></li> <li>• <b>At Least 2 Other</b> <b>Food Items</b></li> </ul>
Fruits		Veggies <small>(optional)</small>	

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	<ul style="list-style-type: none"> <li>• ½ Cup of <b>Fruits</b> or <b>Vegetables</b></li> <li>• <b>At Least 2 Other</b> <b>Food Groups</b></li> </ul>
4 Fruits		5 Veggies	

For best nutrition, **choose all 5**

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

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