



Menomonie High School
SY 2023-2024

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	
		National School Breakfast Week March 4-8! Celebrate the importance of a nutritious school breakfast in fueling students for success. Check out the Breakfast Menu to see how we are celebrating!		Breaded Baked Chicken Drummy Oven Roasted Potatoes WG Dinner Roll	1 5
Macaroni & Cheese Green Beans WG Dinner Roll	Scalloped Potatoes & Ham Peas WG Dinner Roll	Italian Spaghetti w/Meatballs Mixed Vegetables WG Garlic Toast	Mexicali Taco Boat Fiesta Beans Tortilla Chips	Broccoli & Cheese Soup WG Pretzel Stick Warm Vegetable	4 5 6 7 8 1



Lasagna Casserole Corn Garlic Breadstick	Soft Shell Taco Cilantro Lime Rice Refried Beans	Pork Banh Mi Sandwich Sidewinders Roasted Vegetables	Chicken Alfredo w/ WG Penne Pasta Broccoli WG Garlic Toast	Mac & Cheese Bar Choice of Protein Add-on WG Dinner Roll	18 19 20 21 22 2
Tuscan Grilled Cheese Tomato Soup Oven Roasted Broccoli	Chicken Parmesan WG Rotini Pasta Green Beans	Shrimp Poppers Macaroni & Cheese Mixed Vegetable WG Garlic Knot	Homemade Chicken Enchilada Refried Beans Spanish Rice	No School Today 	25 26 27 28 29 3

-or- Choose one of the Weekly Alternate Entree Choices

Ethnic Bowl: Teriyaki Chicken, Brown Rice, Hot Veggie, WG Dinner Roll The Grill: Chicken Tenders, Hot Veggie, WG Dinner Roll Pizzeria: Cheese Pizza, Hot Veggie Deli Express: Assorted Sub, Flatbreads w/ Baked Chips	Ethnic Bowl: Mandarin Orange Chicken, Brown Rice, Hot Veggie, WG Dinner Roll The Grill: Corn Dogs, Hot Veggie, WG Dinner Roll Pizzeria: Garlic Cheese Toast, Hot Veggie Deli Express: Assorted Sub, Flatbreads w/ Baked Chips	Ethnic Bowl: Sweet & Sour Chicken, Brown Rice, Hot Veggie, WG Dinner Roll The Grill: Cheeseburger on WG Bun, Hot Veggie Pizzeria: Italian Dunkers w. Marinara, Hot Veggie Deli Express: Assorted Sub, Flatbreads w/ Baked Chips	Ethnic Bowl: General Tso Chicken, Brown Rice, Hot Veggie, WG Dinner Roll The Grill: Chicken Filet on WG Bun, Hot Veggie Pizzeria: Quesadilla Pizza, Hot Veggie Deli Express: Assorted Sub, Flatbreads w/ Baked Chips	Ethnic Bowl: Teriyaki Chicken, Brown Rice, Hot Veggie, WG Dinner Roll The Grill: Fish Fillet on WG Bun, Sweet Potato Wedge Pizzeria: Pizza, Hot Veggie Deli Express: Assorted Sub, Flatbreads w/ Baked Chips
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Garden Bar Menu- Lettuce is Local, Organic Romaine




Fresh Greens Salad Baby Carrots Assorted Fresh Veggies Fresh Fruit Peaches	Fresh Greens Salad Baby Carrots Assorted Fresh Veggies Fresh Fruit Pineapple	Fresh Greens Salad Baby Carrots Assorted Fresh Veggies Fresh Fruit Applesauce	Fresh Greens Salad Baby Carrots Assorted Fresh Veggies Fresh Fruit Mandarin Oranges	Fresh Greens Salad Baby Carrots Assorted Fresh Veggies 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**

March

Menomonie High School
SY 2023-2024

Breakfast Menu

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

Menu Subject to Change due to Availability

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