





Menomonie Middle 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!		French Bread Pizza Oven Roasted Vegetables	1 5
Macaroni & Cheese Peas WG Dinner Roll	Scalloped Potatoes & Ham Corn WG Dinner Roll	Italian Spaghetti w/Meatballs Carrots WG Garlic Toast	Homemade Chicken Quesadilla California Blend Vegetable	Fish & Chips Breaded Pollock w/French Fries Baked Beans WG Dinner Roll	8 1



Lasagna Roll-Up Green Beans WG Garlic Breadstick	Nachos Supreme (Beef Taco Meat, Cheese, Lettuce, Tomatoes, Tortilla Chips) Fiesta Beans	Chicken Parmesan WG Pasta Oven Roasted Broccoli	Pork Banh Mi Sandwich Sidewinders Roasted Vegetables	Pizza Oven Roasted Vegetables	22 2
Italian Dunkers w/Marinara California Blend Vegetables	Baked Chicken Mashed Potatoes w/Gravy Mixed Vegetable WG Dinner Roll	Shrimp Poppers Macaroni & Cheese Mixed Vegetable WG Garlic Knot	Chicken Alfredo w/WG Pasta Broccoli WG Garlic Toast	No School Today 	29 3

-or- Choose one of the Weekly Alternate Entree Choices

Steak Burger w/Rosemary Garlic Potatoes, Baked Beans Orange Chicken w/Brown Rice, Vegetable & WG Roll Grab & Go Choices	Chicken Tenders w/Sweet Potato Fries, WG Roll Sub Sandwich w/fresh veggie choices, & Baked Chips Grab & Go Choices	Chicken Filet Sandwich w/WG Bun, Potato Wedges, Warm Veggie Teriyaki Chicken w/Brown Rice, Vegetable & WG Roll Grab & Go Choices	BBQ Pulled Pork w/WG Bun, Warm veggie Honey Garlic Chicken w/Brown Rice, Vegetable, WG Roll Grab & Go Choices	Sweet & Sour Chicken w/Brown Rice, Vegetable & WG Roll Grab & Go Choices
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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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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.		Scrambled Eggs w/ WG Cinnamon Goldfish Graham 1	5
		Grubbing WG Mini Cinnamon Donuts w/Turkey Sausage Patty 4	Tubular Bacon Tot Breakfast Bowl w/WG Mini Biscuit 5	Bro' Tropical Yogurt Parfait 6	Hang Loose Stuffed Hashbrown 7
					
WG French Toast Sticks 18	WG Muffin & Egg Patty 19	Cereal & Yogurt 20	Pancake on a Stick 21	WG Cinnamon Roll 22	2
WG Breakfast Bread 25	Cinnamon UBR 26	Breakfast Pizza 27	Cereal & Cheese Stick 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
Fruits		Veggies (optional)

- 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
4 Fruits	5 Veggies	

- 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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