



Menomonie Middle School
SY 2023-2024

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	
Brunch Lunch 1 Colby Cheese Omelet WG French Toast Oven Roasted Potatoes	2 Meatballs w/Gravy Mashed Potatoes Corn WG Dinner Roll	3 Taco Mac Ranchero Beans WG Bread	4 Chicken Tetrizzini Carrot Coins WG Dinner Roll	5 Pizza Oven Roasted California Blend	4
8 Grilled Cheese Tomato Soup Peas	9 Fish Sandwich Seasoned Potato Wedges Hot Vegetable	10 Homemade Chicken Enchilada Cilantro Lime Rice Refried Beans	11 Popcorn Chicken Bowl Corn WG Dinner Roll	12 French Bread Cheese Pizza Hot Vegetable	5
No School Today 15 	16 Scalloped Potatoes & Ham Corn WG Dinner Roll	17 Spaghetti and Meatballs Carrot Coins WG Garlic Toast	18 Pizza Pasta Broccoli WG Garlic Breadstick	19 Fish & Chips Breaded Pollock w/Crinkle French Fries Baked Beans WG Dinner Roll	1
22 Lasagna Roll-Up w/Marinara Green Beans WG Garlic Breadstick	23 Nachos Supreme (Beef Taco Meat, Cheese, Lettuce, Tomatoes, Tortilla Chips) Fiesta Beans	24 Chicken Parmesan WG Rotini Pasta Peas WG Bread	25 Hmong Heritage Celebration Pho Soup w/Meatballs WG Dinner Roll Broccoli	26 Pizza Hot Vegetable	2
29 Italian Dunkers Marinara California Vegetables	30 Chicken Drummy Mashed Potatoes w/Gravy Baked Beans WG Dinner Roll	May 1 Pork Banh Mi Sandwich Sidewinders Mixed Vegetables	2 Chicken Alfredo WG Rotini Pasta Broccoli WG Garlic Toast	3 Flatbread Pizza Hot Vegetable	3

-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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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

Menu Subject to Change due to Availability

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