



WADENA-DEER CREEK 5-12TH GRADES
OCTOBER BREAKFAST AND LUNCH MENU
Students eat FREE!



Breakfast is served 7:30am-8:15 am Adult breakfast: \$2.50 Lunch is served 10:45am-1:15 pm Adult Lunch: \$5.05

Yogurt Parfait and fresh fruit offered daily at breakfast

Lunch Options offered Daily: Yogurt Parfait, Deli Sandwiches or wraps. Fresh broccoli, carrots, romaine lettuce and tomato offered in addition to the menu offered daily.

1%, and fat free milk choices offered daily. Lactose free milk is available with written request from parents

Monday	Tuesday	Wednesday	Thursday	Friday
29 Breakfast croissant sandwich, fruit, milk Hot dog/bun, ketchup, mustard or BBQ Rib/bun, BBQ sauce, Fruit, vegetable	30 Pancakes, syrup, fruit, milk Walking taco, taco sauce, Fruit, vegetable	Oct 1 Waffle sandwich, fruit, milk Orange or Gen Tso chicken & rice, Fruit, vegetable	2 French toast sticks, syrup, fruit, milk Chicken nuggets or mini corn dogs, Dinner roll, Fruit, vegetable	3 Cheese omelet, toast, jelly, fruit, milk Pizza choices, Fruit, vegetable
6 Scrambled eggs, toast, fruit, milk Breaded chicken or spicy breaded chicken/bun, Fruit, vegetable	7 Egg patty, English muffin, fruit, milk Sloppy Joe/Bun or Roasted chicken wings & biscuit, dipping sauce, Fruit, vegetable	8 Early risers hashbrown, toast, fruit, milk Sweet & sour or Teriyaki chicken & Rice Fruit, vegetable	9 Waffles, syrup, fruit, milk Salisbury steak or breaded pork steak, Dinner roll, Fruit, vegetable GREAT APPLE CRUNCH DAY!	10 French toast sticks, syrup, fruit, milk Italian cheese dunkers, Fruit, vegetable
13 Breakfast croissant sandwich, fruit, milk Corn dog or Philly Roast Beef, Fruit, vegetable	14 Pancakes, syrup, fruit, milk Bosco sticks or Pizza crunchers, Fruit, vegetable	15 Waffle sandwich, fruit, milk Popcorn chicken or popcorn shrimp, Dinner roll, Fruit, vegetable	16 NO SCHOOL	17 NO SCHOOL
20 Breakfast pizza, fruit, milk Cheeseburger or hamburger /bun Fruit, vegetable	21 Egg patty, English muffin, fruit, milk Tator tot hot dish & breadstick or Pulled pork/bun, Fruit, vegetable	22 Waffles, syrup, fruit, milk Cheese or taco quesadilla, Fruit, vegetable	23 Early risers hashbrown, toast, fruit, milk Roast beef or turkey in gravy, dinner roll, Fruit, vegetable	24 Scrambled eggs, toast, butter, fruit, milk Italian cheese dunkers, Fruit, vegetable
27 Sausage pancake on stick, syrup, fruit, milk Hot Ham and cheese on pretzel bun or Meatball sub, Fruit, vegetable	28 Pancakes, syrup fruit, milk Chicken drumstick, biscuit & honey or Brat/bun, Fruit, vegetable	29 Waffle sandwich, fruit, milk Chicken or hamburger in gravy, dinner roll, Fruit, vegetable	30 French toast sticks, fruit, milk Breaded chicken tenders or Spicy Breaded chicken tenders, dipping sauce, Fruit, vegetable	31 Egg patty, English muffin, fruit, milk Pizza choices, Fruit, vegetable

Menu is subject to change due to availability of items Questions? Comments? Call or email Sue Motzko Food Service Director 218-632-2396; smotzko@wdc2155.k12.mn.us

Our hardworking kitchen staff at the elementary school is looking for *volunteers* to help them during lunch service. *Volunteers* would help serve lunch or help at the cashiers' station between the hours of 10:45am and 12:45pm. You will then be eligible for a **FREE LUNCH after we have served the last customer! Please call Sue Motzko 218-632-2396 for more details. We look forward to hearing from you!**

This institution is an equal opportunity provider