



Wadena-Deer Creek Classroom and Headstart January Breakfast and Lunch Menu

Students eat FREE!

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



Monday	Tuesday	Wednesday	Thursday
5 (1 oz) Cereal, fruit 2 Bosco sticks, 2.5oz pc marinara sauce, 1/4c Fruit	6 Benefit bar, fruit Cheeseburger/bun, 1/4c Fruit, 1/4c vegetable	7 Breakfast pizza, fruit 9 pcs Popcorn chicken, 1/2 buttered dinner roll, 1/4c Fruit, 1/4c vegetable	8 (3)French toast sticks, syrup, fruit 2 Breaded chicken tenders, 1pc ketchup, 1/2 slice buttered bread, 1/4c Fruit, 1/4c vegetable
12 (1 oz) Cereal, fruit Corn dog, 1/4c Fruit, 1/4c vegetable	13 Cheese omelet, 1/2 slice buttered toast, fruit, milk 1/3 c BBQ chicken/bun, 1/4c Fruit, 1/4c vegetable	14 Breakfast pizza, fruit Cheese quesadilla, 1/4c Fruit, 1/4c vegetable	15 (3)French toast sticks, fruit Breaded chicken patty/bun, 1/4c Fruit, 1/4c vegetable
19 NO SCHOOL 	20 Banana chocolate chip oatmeal round, fruit, milk 2 oz Hot Ham and 1/2oz cheese on bun Fruit, vegetable	21 Breakfast pizza, fruit 1/3c Sloppy Joe/Bun, 1/4c Fruit, 1/4c vegetable	22 (3)French toast sticks, syrup, fruit 5 Mini corn dogs, 1 slice buttered bread, 1/4c Fruit, 1/4c vegetable
26 (1 oz) Cereal, fruit Hot dog/bun, ketchup, mustard 1/4c Fruit, 1/4c vegetable	27 Cheese omelet, 1/2 slice buttered toast, fruit Walking taco (1/4c taco meat, 1/2oz cheese, 1pc taco sauce, 1 oz taco chips) 1/4c diced tomatoes, 1/2c shredded lettuce, 1/4c Fruit	28 Breakfast pizza, fruit 1/3 c Orange chicken & 1/4c rice, 1/4c Fruit, 1/4c vegetable	29 (3)French toast sticks, fruit 2 oz Spaghetti with 1/3c meat sauce, Garlic toast, 1/4c Fruit, 1/4c 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

This institution is an equal opportunity provider