



WADENA-DEER CREEK ELEMENTARY SCHOOL

OCTOBER BREAKFAST AND LUNCH MENU

Students eat FREE!



Breakfast is served 7:50am-8:30 am **Adult breakfast: \$2.50** Lunch is served 10:45am-1:00 pm **Adult Lunch: \$5.05**

Fresh fruit offered daily at breakfast

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 , fresh orange, applesauce, milk Hot dog/bun, 1pc ketchup, 1pc mustard, 1/2c fruit choices, 1/2c baked beans, 1/4c fresh broccoli, 1 ranch pc	30 Pancakes, syrup , fresh strawberries, peaches, milk Walking taco , taco sauce, 1/2c fruit choices, 1/4 c lettuce, 1/4c refried beans, 1/4c tomatoes, 1 oz taco chips, 1/2 oz cheese	Oct 1 Waffle sandwich , fresh grapes, pears, milk 1/2c Orange chicken & 1/2c rice, 1/2c Fruit choices, 1/4c steamed broccoli, fresh salad, 1 ranch pc	2 French toast sticks, syrup , craisins, juice, milk 5 Chicken nuggets, 1pc ketchup, 1 Dinner roll, 1/2c Fruit choices, 1/4c fries	3 Cheese omelet, toast, jelly , assorted fresh fruit choices, mixed fruit, milk Pizza , fresh salad, 1/2c fruit choices, 1/4c steamed carrots
6 Scrambled eggs, toast , fresh orange, applesauce, milk Breaded chicken /bun, 1 pc ketchup, 1/2 c baked beans, 1/4c grape tomatoes, 1 ranch pc, 1/2c fruit choices	7 Egg patty, English muffin , fresh strawberries, peaches, milk Sloppy Joe/Bun , 1/2c baked fries, 1/4c baby carrots, 1/2c fruit choices, fresh orange	8 Early risers hashbrown, toast fresh grapes, pears, milk 1/2c Sweet & sour chicken & 1/2c Rice 1/2c Fruit choices, 1/4c steamed veggies, fresh salad, fresh apple	9 Waffles, syrup , craisins, juice, milk Salisbury steak in gravy , 1 Dinner roll, 1/2c fruit choices, 1/2c mashed potatoes/2TB gravy, 1/4c fresh broccoli, 1pc ranch GREAT APPLE CRUNCH DAY!	10 French toast sticks, syrup , assorted fresh fruit choices, mixed fruit, milk Italian cheese dunkers , 2oz marinara sauce, 1/2c fruit choices, fresh salad
13 Breakfast croissant sandwich , fresh orange, applesauce, milk Corn dog, 1pc ketchup, 1/2 c baked beans, 1/4c steamed carrots, 1/2c fruit choices	14 Pancakes, syrup , fresh strawberries, peaches, milk Pizza crunchers , 1/2c fruit choices, 1/2c steamed mixed veggies, 1/4c fresh celery	15 Waffle sandwich , fresh grapes, pears, milk Popcorn chicken , 1pc ketchup, Dinner roll, 1/2c fruit choices, 1/4 c steamed green beans, fresh salad	16 NO SCHOOL	17 NO SCHOOL
20 Breakfast pizza , fresh orange, applesauce, milk Hamburger or cheeseburger /bun 1 pc ketchup, 1/2c fruit choices, tomato slices, 1/2c baked beans	21 Egg patty, English muffin , fresh strawberries, peaches, milk Tator tot hot dish & 1 breadstick , 1/2c steamed peas & carrots, 1/4c fresh peppers, 1/2c fruit choices	22 Waffles, syrup , fresh grapes, pears, milk Cheese quesadilla , 1/2c fruit choices, fresh salad, 1/4c steamed broccoli	23 Early risers hashbrown, toast , craisins, juice, milk Chicken in gravy, dinner roll, 1/2c fruit choices, 1/2 c mashed potatoes, 1/4c fresh baby carrots	24 Scrambled eggs, toast, butter , assorted fresh fruit choices, mixed fruit, milk Italian cheese dunkers, 2 oz marinara sauce , 1/4c steamed mixed veggies 1/2c Fruit choices, fresh salad
27 Sausage pancake on stick, syrup , fresh orange, applesauce, milk Hot Ham and cheese on pretzel bun , 1/2c fruit choices 1/2 c baked beans, 1/4c steamed mixed veggies	28 Pancakes, syrup fresh strawberries, peaches, milk Chicken drumstick, biscuit & honey , 1/2c fruit choices, 1/2c waffle fries, 1/4c cucumber slices	29 Waffle sandwich , fresh grapes, pears, milk Hamburger in gravy, dinner roll, 1/2c fruit choices, 1/2c mashed potatoes, fresh salad	30 French toast sticks , syrup, craisins, juice, milk 2 Breaded chicken tenders, dipping sauce , 1/2c fruit choices, 1/2c steamed green beans, 1/4 c coleslaw	31 Egg patty, English muffin , assorted fresh fruit choices, mixed fruit, milk Pizza , 1/2c Fruit choices, fresh salad, 1/4c steamed corn

Menu is subject to change due to availability of items

Our hardworking kitchen staff at the elementary school is looking for **volunteers** to help them during lunch service. **Volunteers** would help serve lunch or work 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