



## WADENA-DEER CREEK ELEMENTARY SCHOOL SEPTEMBER 2024 BREAKFAST AND LUNCH MENU


**Students eat FREE!**

Breakfast is served 7:30am-8:30 am **Adult breakfast:** \$2.40 Lunch is served 10:45am-12:45 pm **Adult Lunch:** \$5.00

1%, and fat free milk choices offered with each meal

Lactose free milk is available with written request from parents



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1 NO SCHOOL</b> 	<b>3 Cereal, fresh</b> apple, orange Juice, milk <b>Walking taco, shredded cheese, taco sauce,</b> salsa, tomatoes, lettuce, refried beans, fresh plum, applesauce	<b>4 Pancakes, syrup,,</b> apricots, apple Juice, milk <b>orange chicken &amp; rice,</b> Asian blend veggies, fresh broccoli, fresh peach, mandarin oranges	<b>5 French toast sticks, syrup,</b> fresh orange, fruit punch, milk <b>Chicken nuggets &amp; Garlic knot,</b> Steamed green beans, fresh baby carrots, fresh apple, diced peaches	<b>6 Cheese omelet, toast, jelly,</b> strawberries, assorted juice, milk <b>Pizza,</b> Steamed carrots, fresh romaine lettuce, grape tomatoes, diced pears, fresh banana
<b>9 Sausage pancake on stick, syrup,</b> applesauce, orange juice, milk <b>Hot dog/bun, ketchup,</b> Baked beans, baby carrots fresh pear, mixed fruit	<b>10 Egg patty, English muffin,</b> banana, apple juice, milk <b>Cheese quesadilla,</b> steamed carrots, fresh tomato wedges, fresh green apple, strawberry cup	<b>11 Early risers hashbrown, toast,</b> fresh apple, fruit punch, milk <b>Sloppy Joe /bun,</b> Roasted root blend veggies, Fresh Baby spinach, applesauce, fresh plum	<b>12 Waffles, syrup,</b> diced peaches, grape juice, milk <b>Pizza crunchers,</b> steamed green beans, Fresh grape tomatoes, fruit choices	<b>13 Scrambled eggs, toast, butter,</b> diced pears, assorted juice, milk <b>Italian dunkers, marinara,</b> Oregon medley veggies. Mandarin oranges, fresh melon mix
<b>16 Cereal,</b> diced peaches, grape Juice, milk <b>Corn dog</b> Baked beans, fruit choices, fresh romaine lettuce and tomato wedges	<b>17 Breakfast pizza,</b> fresh apple, orange Juice, milk <b>Bosco sticks,</b> fresh baby carrots, Sicilian blend veggies, fruit choices	<b>18 Pancakes, syrup,</b> apricots, apple Juice, milk <b>Popcorn chicken, dinner roll</b> Mashed potato/gravy, fresh cucumber slices, fruit choices	<b>19 French toast sticks, syrup,</b> fresh orange, fruit punch, milk <b>Chicken alfredo with pasta</b> steamed green beans, fresh baby carrots, fruit choices	<b>20 Cheese omelet, 1 slice toast,</b> diced pears, assorted juice, milk <b>Pizza</b> steamed broccoli, fresh grape tomatoes, fruit choices
<b>23 Sausage pancake on stick, syrup,</b> applesauce, 1/2c orange juice, milk <b>Cheeseburger/bun</b> Baked beans, fresh romaine lettuce, tomato slices, fruit choices	<b>24 Egg patty, English muffin,</b> banana, apple juice, milk <b>Mini Corn dogs,</b> steamed corn, fruit choices	<b>25 Early risers hashbrown, toast,</b> fresh apple, fruit punch, milk <b>Totally taco Max Snax,</b> fresh red and green peppers, Roasted potatoes, fruit choices	<b>26 Waffles, syrup ,</b> diced peaches, grape juice, milk <b>Turkey in gravy, dinner roll,</b> mashed potatoes, fresh cucumbers, fruit choices	<b>27 Scrambled eggs, toast, butter,</b> diced pears, assorted juice <b>Italian dunkers, marinara sauce</b> steamed Normandy blend veggies, fresh romaine lettuce and grape tomatoes, fruit choices
<b>30 Cereal,</b> diced peaches, grape Juice, milk <b>Breaded chicken patty w/ bun, mayo or ketchup</b> Baked fries, ketchup, fruit choices	<b>Oct 1 Breakfast pizza,</b> fresh apple, orange Juice, milk <b>Walking taco, shredded cheese, taco sauce,</b> salsa, tomatoes, lettuce, refried beans, fruit choices	<b>2 Pancakes, syrup,</b> apricots, apple Juice, milk <b>orange chicken &amp; rice,</b> Asian blend veggies, fresh broccoli, fruit choices	<b>3 French toast sticks, syrup,</b> fresh orange, fruit punch, milk <b>Chicken nuggets &amp; Garlic knot,</b> Steamed green beans, fresh baby carrots, fruit choices	<b>4 Cheese omelet, toast, jelly,</b> strawberries, assorted juice, milk <b>Pizza,</b> Steamed carrots, fresh romaine lettuce, grape tomatoes, fruit choices

\*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](mailto:smotzko@wdc2155.k12.mn.us)

This institution is an equal opportunity provider

# GOODBYE SUMMER...HELLO FALL!

