



WADENA-DEER CREEK ELEMENTARY SCHOOL

NOVEMBER 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 and lunch

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 Breakfast croissant sandwich , fruit choices, milk Hot dog/bun, 1pc ketchup, 1pc mustard , 1/2c fruit choices, 1/2c baked beans, 1/4c fresh broccoli, 1 ranch pc	4 Pancakes, syrup , fruit choices, milk Walking taco , taco sauce, 1/2c fruit choices, 1/4 c lettuce, 1/4c refried beans, 1/4c tomatoes, taco chips, ½ oz cheese	5 Super slice bread , fruit choices, milk 1/2c Orange chicken & 1/2c rice, 1/2c Fruit choices, 1/4c steamed broccoli, fresh salad , 1 ranch pc	6 French toast sticks, syrup , fruit choices, milk 5 Chicken nuggets, 1pc ketchup , 1 Dinner roll, 1/4c Fruit choices, 1/2c baked fries, 1 pc ketchup	7 Cheese omelet, toast, jelly , assorted fresh fruit choices, mixed fruit, milk Pizza , fresh salad, 1pc ranch dressing, 1/2c fruit choices, 1/4c steamed carrots
10 Scrambled eggs, buttered toast , fruit choices, milk Breaded chicken /bun, 1 pc ketchup , ½ c baked beans, 1/4c grape tomatoes, 1 ranch pc, 1/2c fruit choices	11 Egg patty, English muffin fruit choices, milk Sloppy Joe/Bun , 1/2c baked fries, 1 pc ranch dressing, 1/4c baby carrots, 1/2c fruit choices	12 Apple breakfast bites , fruit choices, milk 1/2c Sweet & sour chicken & 1/2c Rice 1/2c Fruit choices, 1/4c steamed veggies, fresh salad, 1 pc ranch dressing	13 Waffles, syrup , fruit choices, milk Alfredo chicken over pasta , 1/2c fruit choices, 1/2c vegetable choices	14 
17 Breakfast croissant sandwich , fruit choices, milk Corn dog, 1pc ketchup , ½ c baked beans, 1/4c steamed carrots, 1/2c fruit choices	18 Pancakes, syrup , fruit choices, milk Pizza crunchers , 1/2c fruit choices, 1/2c steamed veggies, 1/4c fresh celery, 1 pc ranch dressing	19 Egg Bake , buttered toast, fruit choices, milk Popcorn chicken , 1pc ketchup, Dinner roll, 1/2c fruit choices, 1/4 c steamed green beans, fresh salad, 1pc ranch dressing	20 French toast sticks, syrup , fruit choices, milk Pulled pork/bun, ½ C Fruit choices , 1/2c tator tots, 1 pc ketchup, 1/4c fresh veggies, 1 pc ranch dressing	21 Egg patty, English muffin , fruit choices, milk Italian cheese dunkers, 1/4c marinara sauce, ½ C Fruit choices , fresh salad, 1 pc ranch dressing
24 Breakfast pizza , fruit choices, milk Hamburger or cheeseburger /bun 1 pc ketchup, 1/2c fruit choices , 2 oz tomato slices, 1/2c baked beans	25 Egg patty, English muffin , fruit choices, milk Turkey in gravy, dinner roll , 1/2 c fruit, choices, 1/2c mashed potatoes, 1/4c baked squash, dessert	26 	27 NO SCHOOL 	28 NO SCHOOL 

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 between the hours of 10:45am and 12:00pm. 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