



Wadena-Deer Creek Elementary School CLASSROOM/HEADSTART

OCTOBER Breakfast and Lunch Menu

Students eat FREE!

Adult Breakfast: \$2.50 Adult Lunch: \$5.05

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

Monday	Tuesday	Wednesday	Thursday
29 Cereal , 1/2c fruit, milk Hot dog/bun, ketchup , 1/4C Fruit, 1/4C vegetable	30 Pancakes, syrup , 1/2c fruit, milk Walking taco (1 oz taco meat, 1/4C lettuce, ¼ c diced tomato, ½ oz cheese, ¼ c refried beans, taco sauce), 1 oz chips , 1/4C Fruit	Oct 1 Cereal , 1/2c fruit, milk 1/3c Orange chicken & 1/4C rice , 1/4C Fruit, 1/4C vegetable	2 French toast sticks, syrup , juice cup, milk 4 Chicken nuggets , ½ Dinner roll, 1/4C Fruit, 1/4C vegetable
6 Scrambled eggs, toast , 1/2c fruit, milk Breaded chicken /bun , 1/4C Fruit, 1/4C vegetable	7 Egg patty, English muffin , 1/2c fruit, milk Sloppy Joe/Bun , 1/4C Fruit, 1/4C vegetable	8 Early risers hashbrown, toast , 1/2c fruit, milk 1/3c Sweet & sour chicken & 1/4c Rice , 1/4C Fruit, 1/4C vegetable	9 Waffles, syrup , juice cup, milk 1/2 Salisbury steak in 1TB gravy, Cheese stick , ½ Dinner roll, 1/4C Fruit, 1/4C vegetable
13 Cereal , 1/2c fruit, milk Corn dog, 1pc ketchup , 1/4C Fruit, 1/4C vegetable	14 Pancakes, syrup , 1/2c fruit, milk 3 Pizza crunchers , 1/4C Fruit, 1/4C vegetable	15 Cereal , 1/2c fruit, milk 10 pcs Popcorn chicken , ½ Dinner roll, 1/4C Fruit, 1/4C vegetable	16 NO SCHOOL
20 Breakfast pizza , 1/2c fruit, milk Hamburger/bun 1/4C Fruit, 1/4C vegetable	21 Egg patty, ½ English muffin , 1/2c fruit, milk 1/2c Tator tot hot dish & 1 breadstick , 1/4C Fruit, 1/4C vegetable	22 Waffles, syrup , 1/2c fruit, milk Cheese quesadilla , 1/4C Fruit, 1/4C vegetable	23 Early risers hashbrown, toast , juice cup, milk 1/3c diced Chicken in 1TB gravy, ½ dinner roll , 1/4C Fruit, 1/4C vegetable
27 Sausage pancake on stick, syrup , 1/2c fruit, milk ½ Hot Ham and cheese on wg hamb. bun , 1/4C Fruit, 1/4C vegetable	28 Pancakes, syrup 1/2c fruit, milk 1 Chicken drumstick, ½ biscuit & honey , 1/4C Fruit, 1/4C vegetable	29 Cereal , 1/2c fruit, milk 1/3c ground beef in 1TB gravy, ½ dinner roll , 1/4C Fruit, 1/4C vegetable	30 French toast sticks , juice cup, milk 2 Breaded chicken tenders , 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