



## WADENA-DEER CREEK 5-12<sup>TH</sup> GRADES MARCH BREAKFAST AND LUNCH MENU

Students eat **FREE!**



Breakfast is served 7:30am-8:15 am **Adult breakfast:** \$2.40 Lunch is served 10:45am-1:15 pm **Adult Lunch:** \$5.00

Yogurt Parfait and fresh fruit offered daily at breakfast

Lunch Options offered Daily: Yogurt Parfait, Deli Sandwiches. Fresh broccoli, carrots, romaine lettuce and tomato offered in addition to the menu offered daily.

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3 Breakfast pizza</b>, fruit and/or juice, milk  <b>Cheeseburger/bun or hamburger/bun</b>            Baked beans, sliced onions, sliced tomato, pickles, fresh strawberries or applesauce</p>	<p><b>4 Egg patty, English muffin</b>, fruit and/or juice, milk  <b>Tator tot hot dish &amp; breadstick or Pulled pork/bun</b>            steamed corn, fresh grapes or peaches, diced onions, fresh celery, shredded radish</p>	<p><b>5 Waffles, syrup</b>, fruit and/or juice, milk  <b>Cheese or taco quesadilla, salsa</b>            Roasted potatoes, spring mix greens, peppers &amp; onions, cauliflower, fresh apple or mandarin oranges</p>	<p><b>6 Early risers hashbrown, toast</b>, fruit and/or juice, milk  <b>Roast beef or turkey in gravy, dinner roll</b>, Mashed potatoes, rosy pears or fresh kiwi, 3 bean salad, cucumbers</p>	<p><b>7 Scrambled eggs, toast, butter</b>, assorted fruit, assorted juice, milk  <b>Italian cheese dunkers, marinara sauce</b>            steamed mixed veggies, assorted fresh vegetables and assorted fruits</p>
<p><b>10 Sausage pancake on stick, syrup</b>, fruit, juice, milk  <b>Hot Ham and cheese on pretzel bun or Meatball sub</b>            Baked fries, sliced onions, peas &amp; jicama sticks, apricots or fresh apple</p>	<p><b>11 Pancakes, syrup</b>, fruit, juice, milk  <b>Chicken drumstick, biscuit &amp; honey or Brat/bun</b>            Baked beans, sliced onions, coleslaw, fresh strawberries or mixed fruit</p>	<p><b>12 Waffle sandwich</b>, fruit, juice, milk  <b>Hamburger or chicken in gravy, dinner roll</b>            Mixed fruit or fresh pear, Mashed potatoes, shredded radish, cucumbers</p>	<p><b>13 French toast sticks</b>, fruit, juice, milk  <b>Breaded chicken tenders or Spicy Breaded chicken tenders, dipping sauce</b>,            diced pineapple or fresh cantaloupe, curly fries, ketchup, zucchini sticks</p>	<p><b>14 Cheese omelet, toast, jelly</b>, assorted fruit, assorted juice, milk  <b>Lasagna rolls or Mac &amp; cheese</b> bread stick, steamed mixed veggies, assorted fresh vegetables and assorted fruits</p>
<p><b>17 Breakfast pizza</b>, fruit and/or juice, milk  <b>Breaded chicken patty/bun or spicy chicken patty/bun</b>, mayo or ketchup, Baked fries, fresh strawberries, applesauce, power slaw</p>	<p><b>18 Pancakes, syrup</b>, fruit, juice, milk  <b>Walking taco</b>, taco sauce, salsa, refried beans, peppers onions &amp; banana peppers, spring mix greens, fresh banana or tropical fruit mix</p>	<p><b>19 Breakfast burrito</b>, fruit, juice, milk  <b>Orange or Gen Tso chicken &amp; rice</b> (egg roll 9-12 only), Asian blend veggies, Spring mix greens, fresh cauliflower, pineapple mandarin fruit mix or fresh apple</p>	<p><b>20 French toast sticks, syrup</b>, fruit, and/or juice, milk  <b>Chicken nuggets or mini corn dogs</b>, Onion rings, Steamed green beans, diced beets, sliced cucumber, sliced pears or fresh kiwi,</p>	<p><b>21 Cheese omelet, toast, jelly</b>, assorted fruit, assorted juice, milk  <b>Pizza choices</b>            Steamed carrots, assorted fresh vegetables and assorted fruits</p>
<p><b>24 Sausage pancake on stick, syrup</b>, fruit and/or juice, milk  <b>Hot dog/bun, ketchup, mustard or BBQ Rib/bun, BBQ sauce</b>            Baked beans, diced onions, pickles, fresh orange or diced pears</p>	<p><b>25 Egg patty, English muffin</b>, fruit and/or juice, milk  <b>Sloppy Joe/Bun or Roasted chicken wings &amp; biscuit, dipping sauce</b>,            Baja corn, peas, coleslaw, fresh grapes or sliced peaches</p>	<p><b>26 Early risers hashbrown, toast</b>, fruit and/or juice, milk  <b>Sweet sour or Teriyaki chicken &amp; Rice</b> (egg roll 9-12 only), Roasted root blend veggies, fresh apple or mandarin oranges, fresh peppers, snap peas</p>	<p><b>27 Waffles, syrup</b>, fruit and/or juice, milk  <b>Salisbury steak or breaded pork steak</b>, blueberry bread,            Au gratin potatoes, Spring mix greens, sliced mushrooms, fresh blackberries or tropical fruit mix</p>	<p><b>28 Scrambled eggs, toast, butter</b>, assorted fruit, assorted juice, milk  <b>Italian cheese dunkers, marinara</b>            Oregon medley veggies, assorted fresh vegetables and assorted fruits</p>
<p><b>31 Breakfast croissant sandwich</b>, fruit and/or juice, milk  <b>Corn dog or Philly Roast Beef</b>            Baked beans, sliced onions, fresh strawberries or diced pears</p>	<p><b>Pancakes, syrup</b>, fruit and/or juice, milk  <b>Bosco sticks or Pizza crunchers</b>,            marinara, Sicilian blend veggies, power slaw, fresh honeydew or applesauce</p>	<p><b>Waffle sandwich</b>, fruit and/or juice, milk  <b>Popcorn chicken or popcorn shrimp</b>,            onion rings, steamed carrots, cucumbers, fresh raspberries or diced peaches</p>	<p><b>French toast sticks, syrup</b>, fruit and/or juice, milk  <b>Spaghetti with meat sauce or Chicken al Fredo pasta</b>            Garlic toast, steamed peas &amp; carrots, fresh cauliflower, diced onions, fresh watermelon or pineapple tidbits</p>	<p><b>Cheese omelet, toast, jelly</b>, assorted fruit, assorted juice, milk  <b>Pizza choices</b>            steamed green beans, assorted fresh vegetables and assorted fruits</p>

\*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)

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