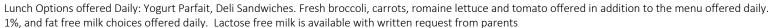


## WADENA-DEER CREEK 5-12™ GRADES MARCH BREAKFAST AND LUNCH MENU

## **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







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

<sup>\*</sup>Menu is subject to change due to availability of items\* Questions? Comments? Call or email Sue Motzko Food Service Director 218-632-2396; <a href="mailto:smotzko@wdc2155.k12.mn.us">smotzko@wdc2155.k12.mn.us</a>
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