



WADENA-DEER CREEK 5-12TH GRADES APRIL 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
March 31 Breakfast croissant sandwich, fruit and/or juice, milk Corn dog or Philly Roast Beef Baked beans, sliced onions, fresh strawberries or diced pears	April 1 Pancakes, syrup, fruit and/or juice, milk Bosco sticks or Pizza crunchers, marinara, Sicilian blend veggies, power slaw, fresh honeydew or applesauce	2 Waffle sandwich, fruit and/or juice, milk Popcorn chicken or popcorn shrimp, onion rings, steamed carrots, cucumbers, fresh raspberries or diced peaches	3 French toast sticks, syrup, fruit and/or juice, milk Spaghetti with meat sauce or Chicken al Fredo pasta Garlic toast, steamed peas & carrots, fresh cauliflower, diced onions, fresh watermelon or pineapple tidbits	4 Cheese omelet, toast, jelly, assorted fruit, assorted juice, milk Pizza choices steamed green beans, assorted fresh vegetables and assorted fruits
7 Breakfast pizza, fruit and/or juice, milk Cheeseburger/bun or hamburger/bun Baked beans, sliced onions, sliced tomato, pickles, fresh strawberries or applesauce	8 Egg patty, English muffin, fruit and/or juice, milk Tator tot hot dish & breadstick or Pulled pork/bun steamed corn, fresh grapes or peaches, diced onions, fresh celery, shredded radish	9 Waffles, syrup, fruit and/or juice, milk Cheese or taco quesadilla, salsa Roasted potatoes, spring mix greens, peppers & onions, cucumbers, cauliflower, fresh apple or mandarin oranges	10 Early risers hashbrown, toast, fruit and/or juice, milk Roast beef or turkey in gravy, dinner roll, Mashed potatoes, rosy pears or fresh kiwi, 3 bean salad, cauliflower	11 Scrambled eggs, toast, butter, assorted fruit, assorted juice, milk Italian cheese dunkers, marinara sauce steamed mixed veggies, assorted fresh vegetables and assorted fruits
14 Sausage pancake on stick, syrup, fruit, juice, milk Hot Ham and cheese on pretzel bun or Meatball sub Baked fries, sliced onions, peas, jicama sticks, apricots or fresh apple	15 Biscuits/Gravy, fruit, juice, milk Chicken drumstick, biscuit & honey or Brat/bun Baked beans, sliced onions, coleslaw, fresh strawberries or mixed fruit	16 Waffle sandwich, fruit, juice, milk Hamburger or chicken in gravy, dinner roll Mixed fruit or fresh pear, Mashed potatoes, shredded radish, cucumbers	17 French toast sticks, fruit, juice, milk Breaded chicken tenders or Spicy Breaded chicken tenders, dipping sauce, diced pineapple or fresh cantaloupe, curly fries, ketchup, zucchini sticks	18 NO SCHOOL
21 NO SCHOOL 	22 Pancakes, syrup, fruit, juice, milk Walking taco, taco sauce, salsa, refried beans, peppers onions & banana peppers, spring mix greens, fresh banana or tropical fruit mix	23 Breakfast burrito, fruit, juice, milk Orange or Gen Tso chicken & rice (egg roll 9-12 only), Asian blend veggies, Spring mix greens, fresh cauliflower, pineapple mandarin fruit mix or fresh apple	24 French toast sticks, syrup, fruit, and/or juice, milk Chicken nuggets or mini corn dogs, Onion rings, Steamed green beans, diced beets, sliced cucumber, sliced pears or fresh kiwi,	25 Cheese omelet, toast, jelly, assorted fruit, assorted juice, milk Pizza choices Steamed carrots, assorted fresh vegetables and assorted fruits
28 Sausage pancake on stick, syrup, fruit and/or juice, milk Hot dog/bun, ketchup, mustard or BBQ Rib/bun, BBQ sauce Baked beans, diced onions, pickles, fresh orange or diced pears	29 Egg patty, English muffin, fruit and/or juice, milk Sloppy Joe/Bun or Roasted chicken wings & biscuit, dipping sauce, Baja corn, peas, coleslaw, fresh grapes or sliced peaches	30 Early risers hashbrown, toast, fruit and/or juice, milk Sweet sour or Teriyaki chicken & Rice (egg roll 9-12 only), Roasted root blend veggies, fresh apple or mandarin oranges, fresh peppers, peas	May 1 Waffles, syrup, fruit and/or juice, milk Salisbury steak or breaded pork steak, blueberry bread, Au gratin potatoes, Spring mix greens, sliced mushrooms, fresh blackberries or tropical fruit mix	2 Scrambled eggs, toast, butter, assorted fruit, assorted juice, milk Italian cheese dunkers, marinara Oregon medley veggies, assorted fresh vegetables and assorted fruits

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