




Menomonie High School
SY 2023-2024

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	
Jumbo Cheese Ravioli w/ Marinara Warm Vegetable WG Dinner Roll 1	Tuna Casserole Green Beans WG Garlic Breadstick 2	Cheesy Chicken Nachos (Fajita Chicken, Tortilla Chips, Cheese Sauce, Sour Cream, Jalapeno, Black Olive) Fiesta Beans 3	Turkey Ala King Carrots WG Biscuit 4	Chicken Parmesan WG Rotini Pasta Corn WG Garlic Toast 5	4
Pizza Pasta Roasted California Blend WG Garlic Knot 8	Sloppy Joe* Seasoned Potato Wedges Baked Beans 9	Fiesta Rice Bowl Choice of: Chicken Fajita or Beef Taco Meat Fiesta Beans Tortilla Chips 10	Baked Potato Bar Choice of: Diced Ham, Pulled Pork, or BBQ Beef, Cheese Roasted Broccoli WG Dinner Roll 11	New! Pork Street Tacos Elote Corn Cilantro Lime Rice 12	5
No School Today  15	Scalloped Potatoes & Ham Peas WG Dinner Roll 16	Chicken Shawarma w/WG Pita Mediterranean Couscous Warm Vegetable 17	Mexicali Taco Boat Fiesta Beans Tortilla Chips 18	Baked Chicken Drumstick Oven Roasted Potatoes Mixed Vegetables WG Dinner Roll 19	1
Lasagna Casserole Corn WG Garlic Knot Earth Day Pudding 22	Soft Shell Taco Cilantro Lime Rice Refried Beans 23	Philly Cheese Steak Sidewinders Roasted Vegetables 24	Hmong Heritage Celebration Pho Soup w/Meatballs WG Dinner Roll Broccoli 25	Meatballs & Gravy Mashed Potatoes Corn WG Dinner Roll 26	2
Grilled Cheese Tomato Soup Warm Vegetable Medley 29	Chicken Parmesan WG Rotini Pasta Green Beans 30	Meatball Sub Warm Vegetable Baked Chips May 1	Homemade Chicken Enchilada Refried Beans Spanish Rice 2	Mac & Cheese Bar Choice of Protein Add-On WG Dinner Roll Warm Veg 3	3

-or- Choose one of the Weekly Alternate Entree Choices

Ethnic Bowl: Teriyaki Chicken, Brown Rice, Hot Veggie, WG Dinner Roll The Grill: Chicken Tenders, Hot Veggie, WG Dinner Roll Pizzeria: Cheese Pizza, Hot Veggie Deli Express: Assorted Sub, Flatbreads w/ Baked Chips	Ethnic Bowl: Mandarin Orange Chicken, Brown Rice, Hot Veggie, WG Dinner Roll The Grill: Corn Dogs, Hot Veggie, WG Dinner Roll Pizzeria: Garlic Cheese Toast, Hot Veggie Deli Express: Assorted Sub, Flatbreads w/ Baked Chips	Ethnic Bowl: Sweet & Sour Chicken, Brown Rice, Hot Veggie, WG Dinner Roll The Grill: Cheeseburger on WG Bun, Hot Veggie Pizzeria: Italian Dunkers w. Marinara, Hot Veggie Deli Express: Assorted Sub, Flatbreads w/ Baked Chips	Ethnic Bowl: General Tso Chicken, Brown Rice, Hot Veggie, WG Dinner Roll The Grill: Chicken Filet on WG Bun, Hot Veggie Pizzeria: Quesadilla Pizza, Hot Veggie Deli Express: Assorted Sub, Flatbreads w/ Baked Chips	Ethnic Bowl: Teriyaki Chicken, Brown Rice, Hot Veggie, WG Dinner Roll The Grill: Fish Fillet on WG Bun, Sweet Potato Wedge Pizzeria: Pizza, Hot Veggie Deli Express: Assorted Sub, Flatbreads w/ Baked Chips
--	--	--	---	---

Garden Bar Menu- Lettuce is Local, Organic Romaine

Fresh Greens Salad Baby Carrots Assorted Fresh Veggies Fresh Fruit Peaches	Fresh Greens Salad Baby Carrots Assorted Fresh Veggies Fresh Fruit Pineapple	Fresh Greens Salad Baby Carrots Assorted Fresh Veggies Fresh Fruit Applesauce	Fresh Greens Salad Baby Carrots Assorted Fresh Veggies Fresh Fruit Mandarin Oranges	Fresh Greens Salad Baby Carrots Assorted Fresh Veggies Fresh Fruit Assorted Fruit Sauce
--	--	---	---	---

***Made with Local, Grass Fed Beef Menu Subject to Change due to availability
This Institution is an Equal Opportunity Provider**



Menomonie High School
SY 2023-2024

Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday	
Cinnamon Granola Round ¹	Mini Donut w/Turkey Sausage ²	Breakfast Sandwich ³	Pancake & Sausage on a Stick ⁴	WG Cinnamon Roll ⁵	4
Mini Maple Pancakes ⁸	Pancake & Sausage on a Stick ⁹	Bacon Scramble Breakfast Pizza ¹⁰	WG French Toast Sticks ¹¹	Breakfast Wrap ¹²	5
No School Today ¹⁵ 	Pancake & Sausage on a Stick ¹⁶	Yogurt Parfait ¹⁷	Assorted Breakfast Bread ¹⁸	Colby Cheese Omelet WG Honey Bagel ¹⁹	1
WG French Toast Sticks ²²	Cook's Choice ²³	Strawberry Overnight Oats ²⁴	Pancake & Sausage on a Stick ²⁵	WG Cinnamon Roll ²⁶	2
Assorted Breakfast Bread ²⁹	Pancake & Sausage on a Stick ³⁰	Bacon Scramble Breakfast Pizza ^{May 1}	Brekkie ²	Breakfast Wrap ³	3

What Makes a Breakfast?

OFFER vs SERVE
Food Items for School Breakfast

Choose **at least 3** including:

- Grains
- Meat or Meat Alternate (optional)
- Milk
- ½ Cup of **Fruits** or **Vegetables**
- **At Least 2 Other Food Items**

For best nutrition, **choose all**

What Makes a Lunch?

OFFER vs SERVE
The Five Meal Components for School Lunch

Choose **at least 3** including:

- 1 Grains
- 2 Meat or Meat Alternate
- 3 Milk
- ½ Cup of **Fruits** or **Vegetables**
- **At Least 2 Other Food Groups**

For best nutrition, **choose all 5**

Fruit, Juice, and Milk Choice Offered Daily with Each Breakfast

Menu Subject to Change due to Availability

This Institution is an Equal Opportunity Provider