

# menomonee falls HIGH SCHOOL menu

## December 2017 Lunch

**monday**

**tuesday**

**wednesday**

**thursday**

**friday**

**Don't Forget About Breakfast!**  
Served Daily from 7:15am-9:30am

**Featured Breakfast Items Include:**

- Minni Cinnis
- Mini Pancakes
- Delicious Egg Bake
- Breakfast Sandwiches
- French Toast Sticks
- Breakfast Burrito
- Smoothies
- ...and more!

**Ala Carte Breakfast Choices:**

- Bagel & Cream Cheese
- Whole Grain Donuts
- Assorted Cereal Bars
- Assorted Beverages
- Hard Boiled Eggs
- Pop Tart
- Uber Bar
- Frudel
- Assorted Cereals
- Assorted Muffins

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**Daily Special**

**Big Daddy's Cheese Pizza**  
**Chicken Tender Basket**  
Savory Spiral Fries  
Apples  
Fresh Veggies w/ Ranch Dip  
Dessert

**Specialty Bar**

**Build Your Own Burger Bar**  
Mashed Potatoes w/ Gravy  
Sherbet

**Grab 'n' Go**

**Big Daddy Cheese Pizza**  
Bosco Sticks w/ Pizza Sauce  
Chicken Rings  
Seasoned Wedge Fries  
Tater Tots

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**Daily Special**

**Mini Corn Dogs A\***  
**Chicken Parmesan Sandwich**  
Baked Beans  
Steamed Green Peas  
Chilled Pears  
Dessert

**Specialty Bar**

**Build Your Own Burrito Bar**  
Refried Beans & Rice  
Fruit Snack

**Grab 'n' Go**

Personal Pizza  
Mozzarella Cheese Sticks  
Chicken Rings  
Seasoned Wedge Fries  
Hash Brown Potato Patties

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**Daily Special**

**Soft Shell Tacos or Taco Nachos**  
**Chicken Fajita**  
Refried Beans  
Cilantro Lime Rice  
Steamed Corn  
Chilled Mixed Fruit

**Specialty Bar**

**Macaroni & Cheese Bar**  
**Pepperoni Calzone A\***  
Baked Beans  
Sweet Potato Fries  
Dessert

**Grab 'n' Go**

French Bread Pizza  
Mozzarella Cheese Sticks  
Chicken Rings  
Seasoned Wedge Fries  
Hash Brown Potato Patties

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**Daily Special**

**Chicken & Waffles**  
**Cheeseburger Sliders**  
Hash brown Potato Patties  
Steamed California Blend Veggies  
Chilled Peaches

**Specialty Bar**

**Mashed Potato Bowl & Corn**  
**Popcorn Chicken**  
Garlic & Cheddar Breadstick

**Grab 'n' Go**

Quesadilla Pizza  
Mozzarella Cheese Sticks  
Chicken Rings  
Seasoned Wedge Fries  
Hash Brown Potato Patties

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**Daily Special**

**Breaded Pork Chop**  
**Chicken Drumstick**  
Mashed Potatoes & Gravy  
Dinner Roll  
Steamed Broccoli  
Mandarin Oranges

**Specialty Bar**

**Asian Chicken w/ Rice**  
Steamed Broccoli  
Sugar Cookie

**Grab 'n' Go**

Buffalo Chicken Pizza  
Mozzarella Cheese Sticks  
Chicken Rings  
Seasoned Wedge Fries  
Hash Brown Potato Patties

8

**Daily Special**

**Pizza Hut A\***  
*(Cheese, Pepperoni, Sausage or Veggie)*  
**Fish Patty on Bun**  
Savory Spiral Fries  
Chilled Applesauce  
Fresh Carrots w/ Dip  
Dessert

**Specialty Bar**

**Pizza Hut A\***  
Mashed Potatoes w/ Gravy  
Sherbet

**Grab 'n' Go**

**Pizza Hut A\***  
Mozzarella Cheese Sticks  
Chicken Rings  
Seasoned Wedge Fries  
Hash Brown Potato Patties

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**Daily Special**

**Popcorn Chicken**  
**Cuban Sandwich A\***  
Sweet Potato Fries  
Baked Beans  
Chilled Peaches  
Dessert

**Specialty Bar**

**Build Your Own Burrito Bar**  
Refried Beans & Rice  
Fruit Snack

**Grab 'n' Go**

Personal Pizza  
Bosco Sticks w/ Pizza Sauce  
Chicken Rings  
Seasoned Wedge Fries  
Spicy Buffalo Fries

12

**Daily Special**

**Soft Shell Tacos or Taco Nachos**  
**Loaded Fries**  
Refried Beans & Mexi Rice  
Steamed Corn  
Chilled Pineapple Tidbits

**Specialty Bar**

**Macaroni & Cheese Bar**  
**Pepperoni Calzone A\***  
Baked Beans  
Sweet Potato Fries  
Dessert

**Grab 'n' Go**

French Bread Pizza  
Bosco Sticks w/ Pizza Sauce  
Chicken Rings  
Seasoned Wedge Fries  
Spicy Buffalo Fries

13

**Daily Special**

**French Toast w/ Sausage**  
**Cook's Choice!**  
Steamed Green Beans  
Oven Baked Potatoes  
Chilled Pears

**Specialty Bar**

**Mashed Potato Bowl & Corn**  
**Popcorn Chicken**  
Garlic & Cheddar Breadstick

**Grab 'n' Go**

Quesadilla Pizza  
Bosco Sticks w/ Pizza Sauce  
Chicken Rings  
Seasoned Wedge Fries  
Spicy Buffalo Fries

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**Daily Special**

**Build Your Own Pasta or Ravioli Bar**  
**w/ Garlic Breadstick**  
**Big Corn Dog A\***  
Steamed Broccoli  
Mandarin Oranges  
Luigi Sorbet Cup

**Specialty Bar**

**Asian Chicken w/ Rice**  
Steamed Broccoli  
Sugar Cookie

**Grab 'n' Go**

Buffalo Chicken Pizza  
Bosco Sticks w/ Pizza Sauce  
Chicken Rings  
Seasoned Wedge Fries  
Spicy Buffalo Fries

15

**Daily Special**

**Big Daddy's Cheese Pizza**  
**Chicken Tender Wrap**  
Steamed Carrots  
Savory Spiral Fries  
Chilled Applesauce

**Specialty Bar**

**Build Your Own Burger Bar**  
Mashed Potatoes w/ Gravy  
Sherbet

**Grab 'n' Go**

Big Daddy's Cheese Pizza  
Bosco Sticks w/ Pizza Sauce  
Chicken Rings  
Seasoned Wedge Fries  
Spicy Buffalo Fries

This institution is an equal opportunity provider.

Menu subject to change.

**2017-18 lunch prices:**

Grades K-5	\$2.30
Grades 6-12	\$2.65
Specialty Meal (Grades 9-12)	\$3.00
Reduced	\$.40
Milk	\$.40
Adults	\$3.70

**More delicious menu items on the next page!**

# menomonee falls HIGH SCHOOL menu

## December 2017 Lunch

monday	tuesday	wednesday	thursday	friday
<p><b>18</b></p> <p><u>Daily Special</u> BBQ Rib Sandwich Mini Bosco Sticks w/ Pizza Sauce Baked Beans Steamed Carrots &amp; Peas Chilled Mixed Fruit Dessert</p> <p><u>Specialty Bar</u> Build Your Own Burrito Bar Refried Beans &amp; Rice Fruit Snack</p> <p><u>Grab 'n' Go</u> Personal Pizza Mozzarella Cheese Sticks Chicken Rings Seasoned Wedge Fries Savory Spiral Fries</p>	<p><b>19</b></p> <p><u>Daily Special</u> Soft Shell Tacos or Taco Nachos Chicken Rings Refried Beans Cilantro Lime Rice Steamed Corn Chilled Peaches</p> <p><u>Specialty Bar</u> Macaroni &amp; Cheese Bar Pepperoni Calzone Baked Beans Sweet Potato Fries Dessert</p> <p><u>Grab 'n' Go</u> French Bread Pizza Mozzarella Cheese Sticks Chicken Rings Seasoned Wedge Fries Savory Spiral Fries</p>	<p><b>20</b></p> <p><u>Daily Special</u> Pancakes w/ Sausage<sup>Λ</sup>* Cheeseburger on Bun Oven Baked Potato Dragon Juice 4U Chilled Applesauce</p> <p><u>Specialty Bar</u> Mashed Potato Bowl &amp; Corn Popcorn Chicken Garlic &amp; Cheddar Breadstick</p> <p><u>Grab 'n' Go</u> Quesadilla Pizza Mozzarella Cheese Sticks Chicken Rings Seasoned Wedge Fries Savory Spiral Fries</p>	<p><b>21</b></p> <p><u>Daily Special</u> Breaded Pork Chop<sup>Λ</sup>* Chicken Tender Basket Mashed Potatoes w/ Gravy Dinner Roll Steamed California Blend Veggies Chilled Pears</p> <p><u>Specialty Bar</u> Asian Chicken w/ Rice Steamed Broccoli Sugar Cookie</p> <p><u>Grab 'n' Go</u> Buffalo Chicken Pizza Mozzarella Cheese Sticks Chicken Rings Seasoned Wedge Fries Savory Spiral Fries</p>	<p><b>22</b></p> <p><u>Daily Special</u> Pizza Hut<sup>Λ</sup>* <i>(Cheese, Pepperoni, Sausage or Veggie)</i> Toasted Cheese Sandwich Tomato Basil Soup Savory Spiral Fries Mandarin Oranges Goldfish Crackers</p> <p><u>Specialty Bar</u> Pizza Hut<sup>Λ</sup>* Mashed Potatoes w/ Gravy Sherbet</p> <p><u>Grab 'n' Go</u> Pizza Hut<sup>Λ</sup>* Mozzarella Cheese Sticks Chicken Rings Seasoned Wedge Fries Savory Spiral Fries</p>

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# Winter Break

## No School



## Daily Choices

### Hot Grab & Go

Specialty Pizza  
Plain or Spicy Chicken Patty  
Cheeseburger on Bun  
Nachos or Pretzel w/ Cheese  
French Fries (variety)

### Bistro Boxes:

Hummus, veggie & pita bread.  
Fresh vegetables & dip.  
Energy box.

### Salad Bar

Fresh fruit, vegetables, ham,  
turkey, hard-boiled eggs,  
breadsticks & croutons.

### Featured Grab & Go Salads: (varies daily)

Southwest Salad  
Chef Salad  
Mandarin Orange Salad

### Deli

Assorted Sandwiches

### Featured Sandwiches/Wraps: (varies daily)

BBQ Chicken Wrap  
Chicken Caesar Wrap  
Crunchy Asian Chicken Wrap

### Ala Carte

Assorted sweet & savory items.  
Assorted beverages

### At the Menomonee Falls High School Cafeteria:

- There are 4 separate lunch lines from which students can choose from.
- Students can purchase a full lunch (entrée, fruit, vegetable, sides and milk) at any of these lines.
- A full lunch from any line is available to all students no matter if they receive free, reduced or paid lunch.
- Our school nutrition programs are based on a debit system. Accounts must have a positive balance for students to make food purchases. If an account falls into the negative, purchases may not be allowed until a deposit is made.
- Please visit our website at [www.sdmfschools.org](http://www.sdmfschools.org) for information on our programs, menus, online payments and more!

### Menomonee Falls School Nutrition Department Contacts:

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