

October 2017 Lunch

monday	tuesday	wednesday	thursday	friday
<p>2</p> <p><u>Daily Special</u> Mini Corn Dogs ^{Λ*} Italian Flatbread w/ Pizza Sauce Baked Beans Steamed Green Peas Chilled Mixed Fruit Dessert</p> <p><u>Specialty Bar</u> Build Your Own Burrito Bar Refried Beans & Rice Fruit Snack</p> <p><u>Grab 'n' Go</u> Personal Pizza Bosco Sticks w/ Pizza Sauce Chicken Rings Seasoned Wedge Fries Triangle Potatoes</p>	<p>3</p> <p><u>Daily Special</u> Soft Shell Tacos or Nachos^{Λ*} Buffalo Crunchers! Refried Beans & Mexi Rice Steamed Corn Chilled Pineapple Tidbits</p> <p><u>Specialty Bar</u> Macaroni & Cheese Bar Pepperoni Calzone Baked Beans Sweet Potato Fries Crispy Rice Bar</p> <p><u>Grab 'n' Go</u> French Bread Pizza Bosco Sticks w/ Pizza Sauce Chicken Rings Seasoned Wedge Fries Triangle Potatoes</p>	<p>4</p> <p><u>Daily Special</u> French Toast w/ Egg^{Λ*} Ham & Swiss on Croissant Potato Triangles Chilled Peaches Steamed California Veggies</p> <p><u>Specialty Bar</u> Mashed Potato Bowl & Corn Popcorn Chicken Garlic & Cheddar Breadstick</p> <p><u>Grab 'n' Go</u> Quesadilla Pizza Bosco Sticks w/ Pizza Sauce Chicken Rings Seasoned Wedge Fries Triangle Potatoes</p>	<p>5</p> <p><u>Daily Special</u> Rodeo Burger BBQ Rib on Bun Spiral Potatoes Steamed Broccoli 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 Bosco Sticks w/ Pizza Sauce Chicken Rings Seasoned Wedge Fries Triangle Potatoes</p>	<p>6</p> <p><u>Daily Special</u> Big Daddy's Cheese Pizza Fish Patty on Bun Hash Brown Patty Steamed Carrots Chilled Applesauce Dessert</p> <p><u>Specialty Bar</u> Build Your Own Burger Bar Mashed Potatoes w/ Gravy Sherbet</p> <p><u>Grab 'n' Go</u> Big Daddy Cheese Pizza Bosco Sticks w/ Pizza Sauce Chicken Rings Seasoned Wedge Fries Triangle Potatoes</p>
<p>9</p> <p><u>Daily Special</u> BBQ Rib on Bun ^{Λ*} Big Corn Dog Baked Beans Steamed California Veggies Chilled Peaches Cookie</p> <p><u>Specialty Bar</u> Build Your Own Burrito Bar Refried Beans & Rice Fruit Snack</p> <p><u>Grab 'n' Go</u> Personal Pizza Mozzarella Cheese Sticks Chicken Rings Seasoned Wedge Fries Spiral Potatoes</p>	<p>10</p> <p><u>Daily Special</u> Soft Shell Tacos or Nachos ^{Λ*} Chicken Banh Mi Sandwich Refried Beans Cilantro Lime Rice Steamed Whole Kernel Corn Chilled Pineapple Tidbits</p> <p><u>Specialty Bar</u> Macaroni & 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 Spiral Potatoes</p>	<p>11</p> <p><u>Daily Special</u> French Toast w/ Sausage ^{Λ*} Cheesy Bosco Sticks Triangle Potatoes Chilled Applesauce</p> <p><u>Specialty Bar</u> Mashed Potato Bowl Popcorn Chicken Steamed Corn Garlic & Cheddar Breadstick</p> <p><u>Grab 'n' Go</u> Quesadilla Pizza Mozzarella Cheese Sticks Chicken Rings Seasoned Wedge Fries Spiral Potatoes</p>	<p>12</p> <p><u>Daily Special</u> Monte Cristo Sandwich Sloppy Joe on Bun Seasoned Wedge Fries Steamed Broccoli Mandarin Oranges Dessert</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 Spiral Potatoes</p>	<p>13</p> <p><u>Daily Special</u> Pizza Hut^{Λ*} (Cheese, Pepperoni, Sausage or Veggie) Chicken Cordon Bleu Sandwich Spiral Fries Steamed Green Beans Chilled Mixed Fruit Sherbet</p> <p><u>Specialty Bar</u> Pizza Hut^{Λ*} Mashed Potatoes w/ Gravy Sherbet</p> <p><u>Grab 'n' Go</u> Pizza Hut Mozzarella Cheese Sticks Chicken Rings Seasoned Wedge Fries Spiral Potatoes</p>
<p>16</p> <p><u>Daily Special</u> BBQ Pulled Pork on Bun Nardone Cheese Pizza Baked Beans Coleslaw Steamed Green Beans Pineapple Tidbits</p> <p><u>Specialty Bar</u> Build Your Own Burrito Bar Refried Beans & Rice Fruit Snack</p> <p><u>Grab 'n' Go</u> Personal Pizza Bosco Sticks w/ Pizza Sauce Chicken Rings Seasoned Wedge Fries Tater Tots</p>	<p>17</p> <p><u>Daily Special</u> Soft Shell Tacos or Taco Nachos Hot Dog or Chili Dog on Bun^{Λ*} Refried Beans & Mexi Rice Steamed Corn Chilled Mixed Fruit</p> <p><u>Specialty Bar</u> Macaroni & Cheese Bar Pepperoni Calzone Baked Beans Sweet Potato Fries Dessert</p> <p><u>Grab 'n' Go</u> French Bread Pizza Bosco Sticks w/ Pizza Sauce Chicken Rings Seasoned Wedge Fries Tater Tots</p>	<p>18</p> <p><u>Daily Special</u> Dutch Waffle & Cheese Omelet Mozzarella Cheese Sticks Tator Tots Steamed Carrots Chilled Applesauce</p> <p><u>Specialty Bar</u> Mashed Potato Bowl Popcorn Chicken Steamed Corn Garlic & Cheddar Breadstick</p> <p><u>Grab 'n' Go</u> Quesadilla Pizza Bosco Sticks w/ Pizza Sauce Chicken Rings Seasoned Wedge Fries Tater Tots</p>	<p>19</p> <p><u>Daily Special</u> Lasagna Roll Up w/ Breadstick Italian Beef Sandwich Steamed Broccoli Chilled Peaches Dessert</p> <p><u>Specialty Bar</u> Asian Chicken w/ Rice Steamed Broccoli Sugar Cookie</p> <p><u>Grab 'n' Go</u> Buffalo Chicken Pizza Bosco Sticks w/ Pizza Sauce Chicken Rings Seasoned Wedge Fries Tater Tots</p>	<p>20</p> <p>No School Grades 4K-12</p>

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!

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<p>23</p> <p>Daily Special Mini Corn Dogs ^{Λ*} Chicken Parmesan Sandwich Baked Beans Steamed Green Peas Chilled Pears Dessert</p> <p>Specialty Bar Build Your Own Burrito Bar Refried Beans & Rice Fruit Snack</p> <p>Grab 'n' Go Personal Pizza Mozzarella Cheese Sticks Chicken Rings Seasoned Wedge Fries Sidewinders</p>	<p>24</p> <p>Daily Special Soft Shell Tacos or Taco Nachos Chicken Fajita Refried Beans Cilantro Lime Rice Steamed Corn Chilled Mixed Fruit</p> <p>Specialty Bar Macaroni & Cheese Bar Pepperoni Calzone^{Λ*} Baked Beans Sweet Potato Fries Dessert</p> <p>Grab 'n' Go French Bread Pizza Mozzarella Cheese Sticks Chicken Rings Seasoned Wedge Fries Sidewinders</p>	<p>25</p> <p>Daily Special Chicken & Waffles Cheeseburger Sliders Hash brown Potato Patties Steamed California Veggies Chilled Peaches</p> <p>Specialty Bar Mashed Potato Bowl & Corn Popcorn Chicken Garlic & Cheddar Breadstick</p> <p>Grab 'n' Go Quesadilla Pizza Mozzarella Cheese Sticks Chicken Rings Seasoned Wedge Fries Sidewinders</p>	<p>26</p> <p>Daily Special Breaded Pork Chop Chicken Drumstick Mashed Potatoes & Gravy Dinner Roll Steamed Broccoli Mandarin Oranges</p> <p>Specialty Bar Asian Chicken w/ Rice Steamed Broccoli Sugar Cookie</p> <p>Grab 'n' Go Buffalo Chicken Pizza Mozzarella Cheese Sticks Chicken Rings Seasoned Wedge Fries Sidewinders</p>	<p>27</p> <p>Daily Special Pizza Hut^{Λ*} (Cheese, Pepperoni, Sausage or Veggie) Fish Patty on Bun Savory Spiral Fries Chilled Applesauce Fresh Carrots w/ Dip Dessert</p> <p>Specialty Bar Pizza Hut^{Λ*} Mashed Potatoes w/ Gravy Sherbet</p> <p>Grab 'n' Go Pizza Hut^{Λ*} Mozzarella Cheese Sticks Chicken Rings Seasoned Wedge Fries Sidewinders</p>	
<p>30</p> <p>Daily Special Popcorn Chicken Cuban Sandwich^{Λ*} Sweet Potato Fries Baked Beans Chilled Peaches Dessert</p> <p>Specialty Bar Build Your Own Burrito Bar Refried Beans & Rice Fruit Snack</p> <p>Grab 'n' Go Personal Pizza Bosco Sticks w/ Pizza Sauce Chicken Rings Seasoned Wedge Fries Spicy Buffalo Fries</p>	<p>31</p> <p>Daily Special Soft Shell Tacos or Taco Nachos Loaded Fries Refried Beans & Mexi Rice Steamed Corn Chilled Pineapple Tidbits</p> <p>Specialty Bar Macaroni & Cheese Bar Pepperoni Calzone^{Λ*} Baked Beans Sweet Potato Fries Dessert</p> <p>Grab 'n' Go French Bread Pizza Bosco Sticks w/ Pizza Sauce Chicken Rings Seasoned Wedge Fries Spicy Buffalo Fries</p>	<p>Don't forget to get your Breakfast! Available Monday thru Friday in the Cafeteria from 7:15-9:30am!</p>			<p>Featured Breakfast Items Include:</p> <ul style="list-style-type: none"> ■ Mini Cinnis ■ Mini Pancakes ■ Delicious Egg Bake ■ Breakfast Sandwiches ■ French Toast Sticks ■ Breakfast Burrito ■ Smoothies ■ ...and more! <p>Ala Carte Breakfast Choices Served Daily:</p> <ul style="list-style-type: none"> ■ Pop Tarts ■ Whole Grain Donuts ■ Assorted Cereal Bars ■ Assorted Muffins ■ Hard Boiled Eggs ■ Bagel & Cream Cheese ■ Uber Bar ■ Frudel ■ Assorted Cereals ■ Assorted Beverages

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 for information on our programs, menus, online payments and more!

Menomonee Falls School Nutrition Department Contacts:

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