

# September 2017

## Wadena-Deer Creek Middle/High School

This institution is an equal opportunity provider.

\*Menu is subject to change due to availability\*

<p>4</p>  <p><b>Back to School</b></p>	<p>5 dutch waffle, Fruit, Juice, milk</p> <hr/> <p>Crunchy chicken tender wrap,, bread, or Pizza, Tiny whole potatoes, fruit choice, fresh veggies, milk</p>	<p>6 long john, Fruit, Juice, milk</p> <hr/> <p>Build a burger/bun, chicken patty/bun, baked fries,fruit choice, fresh veggies, milk</p>	<p>7 breakfast bites, fruit, juice, milk</p> <hr/> <p>chicken chompers/rice, or max sticks, cole slaw, Fruit choice, fresh veggies, milk</p>	<p>8 French toast sticks, Fruit, Juice, Milk</p> <hr/> <p>grilled cheese or corn dog, tomato soup, baked beans, fruit choice, fresh veggies, milk</p>
<p>11</p> <p>Stuffed crust bagel, Fruit, Juice, Milk</p> <hr/> <p>Santa Fe Combo/bread, or spicy chicken/bun, waffle fries, fruit choice, fresh veggies, milk</p>	<p>12pancake/sausage, Fruit, Juice, Milk</p> <hr/> <p>Mandarin chicken/rice, bread(9-12), fruit choice, fresh veggies, milk</p>	<p>13 cinnamon roll, Fruit, Juice, Milk</p> <hr/> <p>Chien nuggets Bread(9-12), or pizza sticks, California blend, Cole Slaw, fruit choice, fresh veggies, milk</p>	<p>14 Ometet/toast, Fruit, Juice, Milk</p> <hr/> <p>Marietta cheesy hot dish or chicken Alfredo, breadstick, fruit choice, fresh veggies, milk</p>	<p>15 Breakfast pizza, Fruit, Juice,Milk</p> <hr/> <p>Chicken/bun, or Bosco stick, baked beans, fruit choice, fresh veggies, milk</p>
<p>18 egg patty/biscuit, Fruit, Juice, Milk</p> <hr/> <p>TatorTot hot dish/bread, or Pizza, broccoli, fruit choice, fresh veggies, milk</p>	<p>19 breakfast burrito, Fruit, Juice, Milk</p> <hr/> <p>chicken or Beef Nacho's, chips, green beans, fruit choice, fresh veggies, milk</p>	<p>20 donut, Fruit, Juice, Milk</p> <hr/> <p>Popcorn chicken, bread or pizza crunchers, mashed potatoes, corn, fruit choice, fresh veggies, milk</p>	<p>21 Oatmeal/toast, Fruit, juice, milk</p> <hr/> <p>hot ham/cheese/bun, meatball sub, baked beans, fruit choice, fresh veggies, milk</p>	<p>22 Waffle, Fruit, Juice, Milk</p> <hr/> <p>Chicken patty/bun or Ribelt/bun, tater tots, carrots, fruit choice , fresh veggies, milk</p>
<p>25 Dutch waffle, Fruit, Juice, milk</p> <hr/> <p>pulled pork/bun or Quesadilla, deluxe baked beans, fruit choice, fresh veggies, milk</p>	<p>26 scrambled egg/toast</p> <p>Fruit, Juice, Milk</p> <hr/> <p>Chicken wrap or built a burger/bun potato cubes, fruit choice, fresh veggies, milk</p>	<p>27 long john, Fruit, Juice, Milk</p> <hr/> <p>spaghetti, breadstick, Bosco pizza sticks, green beans, fruit choice, fresh veggies, milk</p>	<p>28 breakfast bites, Fruit, Juice, Milk</p> <hr/> <p>Salisbury stead, bread,, cookie, or chicken drumstick, mashed potatoes, fruit choice, fresh veggies, milk</p>	<p>29 Late Start</p> <hr/> <p>Italian dunkers or mini corn dogs, carrots, fruit choice, fresh veggies, milk</p>
<p>2 stuffed crust bagel, Fruit, Juice, Milk</p> <hr/> <p>Beef hot dog/bun or Hamburger/bun, baby baked potatoes, fruit choice, fresh veggies, milk</p> <p>Milk choice each day: skim</p>	<p>3 pancake sausage, Fruit, Juice, Milk</p> <hr/> <p>Chicken dipper/Mac 'n cheese, Lasagna rollups, peas, fruit choice, fresh veggies, mil</p> <p>choc skim &amp; 1%</p>	<p>4 cinnamon roll, Fruit, Juice, Milk</p> <hr/> <p>Taco or Fajita, fixings, baked beans, fruit choice, fresh veggies, milk</p>	<p><u>Breakfast Entrées:</u></p> <ul style="list-style-type: none"> <li>• Main Entrée, Pop-Tart, Snack Bread, Waffle, Cereal, Cereal Bar, Cheese Stick, Yogurt</li> </ul>	<p><u>Lunch Entrées:</u></p> <ul style="list-style-type: none"> <li>• Main Entrée</li> <li>• Sub Sandwich</li> <li>• Yogurt Parfait</li> <li>• Pre-made Salad</li> </ul>