



Waunakee Elementary & Intermediate School Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
 7 Chicken Patty on Whole Grain Bun Sweet Potato Fries Cucumber Ranch Salad Alternative Entrées Turkey BLT Salad Chicken Salad on Wheat Bun	1 Pizza Parlor Pizza Italian Tossed Salad Alternative Entrées Tuna Salad Bowl Turkey Sub	2 GROUNDHOG DAY Pork Roast Roasted Potatoes Apple Sauce Dinner roll Alternative Entrées Crispy Chicken Salad Buffalo Chicken Wrap	3 CHINESE NEW YEAR 2011 Chicken Tenders Mashed Potatoes & Gravy Vegetable Medley Alternative Entrées Taco Salad Oriental Chicken Lettuce Wrap	4 Brunch for Lunch Hot Pocket with Egg, Bacon, & Cheese Fresh Fruit Salad Alternative Entrées Yogurt Pak(Nutra Meal) Turkey Ranch Wrap	
	8 Italian Meat Stromboli Caesar Salad M&M Cookie Alternative Entrées Broccoli Salad w/Cheese Stick Italian Sub	9 Beefy Nachos with Homemade Cheese Sauce Corn & Rice Bake Alternative Entrées Garden Vegetable Salad Ham & Swiss on Bagel	10 Homemade French Toast Scrambled Eggs Fresh Papaya Alternative Entrées Chef Salad Yogurt Pak(Nutra Meal)	11 Chicken Nuggets Mashed Potatoes & Gravy Glazed Carrots Whole Grain Bread Alternative Entrées Southwestern Salad Roasted Vegetable Focaccia	
14 VALENTINE'S DAY Oven Roasted Beef Hot Dog Baked Beans Kettle Chips Alternative Entrées Buffalo Chicken Pasta Ham & Cheese Sandwich	15 Spaghetti with Meat Sauce Garden Salad Garlic Breadstick Alternative Entrées Tuna Salad Bowl Turkey Sub Sandwich	16 Oven Roasted Chicken Barley Pilaf Green Beans Chocolate Chip Cookie Alternative Entrées Taco Salad Oriental Chicken Lettuce Wrap	17 Pulled Pork Sandwich Oven Baked Fries Coleslaw Alternative Entrées Crispy Chicken Salad Buffalo Chicken Wrap	18 Cheese Bread with Marinara Sauce Broccoli Salad Alternative Entrées Yogurt Pak(Nutra Meal) Turkey Ranch Wrap	
21 PRESIDENTS' DAY Cheeseburger on Wheat Bun Oven Fries <i>A taste of okra will be served on Food Bar</i> Alternative Entrées Turkey BLT Salad Chicken Salad On Wheat Bun	22 Chicken Alfredo over Pasta Vegetable Medley Garlic Toast Alternative Entrées Broccoli Salad w/Cheese Stick Italian Sub	23 Tator Tot Casserole 7 Layer Salad Wheat Bread Alternative Entrées Garden Vegetable Salad Ham & Swiss on Bagel	24 Parmesan Crusted Fish Filet Butter Noodles Sweet Peas Wheat Dinner Roll Warm Cinnamon Apples Alternative Entrées Chef Salad Roasted Vegetable Focaccia	25 No School Alternative Entrées	
28 No School Alternative Entrées	<div style="border: 1px solid blue; padding: 5px; text-align: center;"> <p><i>Free & Reduced-meal forms can be obtained from all building offices at any time throughout the school year.</i></p> </div>			<div style="border: 1px solid red; padding: 5px; text-align: center;"> <p>February HARVEST OF THE MONTH Red Beans</p> <p>Papaya Okra</p> </div>	<p>Fresh vegetables plus fresh and canned fruits are available daily with lunch from the Fruit & Vegetable Bar.</p>

Menus are subject to change without notice.

Prepared From Scratch

Contains Pork

Vegetarian Entrée

Harvest of the Month



Breakfast Menu

- Monday** Breakfast Pizza
- Tuesday** Baked Oatmeal Brkfst Round
- Wednesday** Breakfast Waffle
- Thursday** Cinnamon Roll
- Friday** Banana Chocolate Bread

All meals served with Milk and Juice.
Cereal offered daily.
Breakfast currently offered at Heritage, Intermediate and Middle School.
Coming on March 7th...Breakfast start up at Prairie, Arboretum and High School.



THE WORD "SALARY" COMES FROM "SALT"

Salt, our oldest preservative, was extremely rare in the past. So rare, in fact, that it was often used as pay. Imagine...earning a couple of tablespoons of salt for a hard-days work. Today, salt is so common that restaurants give it away for free, and packaged food contains so much that it's far too easy to eat too much salt (salt is also known as "sodium").

BREAKFAST/LUNCH PRICES

Elementary	\$1.25/\$2.25
Secondary	\$1.50/\$2.50
Reduced	\$0.30/\$0.40
Additional Milk	\$0.35
Adult	\$2.00/\$3.25

To check the balance in your account go to www.waunakee.k12.wi.us
Food Service Office 849-2185 or 849-2327
Vicki Hoyer Director of Food Service



Milk Choice of 1% Skim and 1% Chocolate is included with Lunch