



# Waunakee Elementary Schools Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>OCTOBER</b> <b>HARVEST OF THE MONTH</b> 	<i>Free &amp; Reduced-meal forms can be obtained from all building offices at any time throughout the school year.</i>	<p>Fresh vegetables plus fresh and canned fruits are available daily with lunch from the Fruit &amp; Vegetable Bar.</p>	<p>National School Lunch Week October 11-15, 2010</p>	<p>1 Homemade Turkey Hot Pocket Garden Salad</p> <p>Alternative Entrée(s) Cobb Salad Nutra Meal (Yogurt Pak)</p>
<p>4 Southwestern Burger on Whole Grain Bun Pico de Gallo Potato Oles</p> <p>Alternative Entrée(s) Chicken Caesar Salad Ham &amp; Cheese Sandwich</p>	<p>5 Turkey Tetraxini Mixed Vegetables Blueberry Muffin</p> <p>Alternative Entrée(s) Popeye Salad Buffalo Chicken Wrap</p>	<p>6 Roasted Cider Pork Baby Red Potatoes Fresh Green Beans Whole Wheat Dinner Roll</p> <p>Alternative Entrée(s) Taco Salad Slider Combo</p>	<p>7 Homemade French Toast Sausage Patty Applesauce</p> <p>Alternative Entrée(s) Crispy Chicken Salad Turkey Ranch Wrap</p>	<p>8 Orange Chicken Brown Rice Oriental Vegetable Fortune Cookie</p> <p>Alternative Entrée(s) Cobb Salad Ham &amp; Cheese Sandwich</p>
<p>11 COLUMBUS DAY OBSERVED Parmesan Crusted Fish Fillet Butter Noodles Sweet Peas Wheat Dinner Roll</p> <p>Alternative Entrée(s) Craving Chicken Salad Chicken Salad on Wheat Bun</p>	<p>12 Enchiladas Black Beans &amp; Rice</p> <p>Alternative Entrée(s) Chop Chop Salad Turkey Sub</p>	<p>13 Chicken Patty on Whole Grain Bun Sweet Potato Fries Coleslaw</p> <p>Alternative Entrée(s) Southwestern Salad Italian Sub</p>	<p>14 Cheese Bread with Marinara Sauce Broccoli</p> <p>Alternative Entrée(s) Chef Salad Chicken Wrap</p>	<p>15 Mini Corn Dogs Mac &amp; Cheese Glazed Carrots</p> <p>Alternative Entrée(s) Oriental Chicken Salad Nutra Meal (Yogurt Pak)</p>
<p>18 Oven Roasted Hot Dog Baked Beans Kettle Chips</p> <p>Alternative Entrée(s) Chicken Caesar Salad Turkey &amp; Cheese Sandwich</p>	<p>19 Italian Stromboli Caesar Salad Pumpkin Bars</p> <p>Alternative Entrée(s) Popeye Salad Buffalo Chicken Wrap</p>	<p>20 Chicken Nuggets Mashed Potatoes and Gravy Broccoli Whole Grain Bread</p> <p>Alternative Entrée(s) Taco Salad Slider Combo</p>	<p>21 Homemade Patty Melt Oven Fries Cucumber Ranch Salad</p> <p>Alternative Entrée(s) Crispy Chicken Salad Turkey Ranch Wrap</p>	<p>22 Lasagna Primavera Italian Salad Whole Grain Bread</p> <p>Alternative Entrée(s) Cobb Salad Ham &amp; Cheese Sandwich</p>
<p>25 Grilled Ham &amp; Cheese Sandwich on Wheat Bread Sweet Potato Wedges</p> <p>Alternative Entrée(s) Craving Chicken Salad Chicken Salad on Wheat Bun</p>	<p>26 Chicken Divan Whole Grain Pasta Fresh Baked Breadstick</p> <p>Alternative Entrée(s) Chop Chop Salad Turkey Sub</p>	<p>27 Pizza Parlor Pizza Italian Tossed Salad</p> <p>Alternative Entrée(s) Southwestern Salad Italian Sub</p>	<p>28 <b>No School</b></p> <p>Alternative Entrée(s)</p>	<p>29 <b>No School</b></p> <p>Alternative Entrée(s)</p>

Menus are subject to change without notice.

- Prepared From Scratch
- Contains Pork
- Vegetarian Entrée
- Harvest of the Month

**NEW**

Monday	Oatmeal Breakfast Round
Tuesday	Sausage Biscuit
Wednesday	Pancake on a Stick
Thursday	Cheese Omelet
Friday	Banana Chocolate Breakfast Bread

All meals served with juice or fruit, and milk.  
Cereal offered daily.  
Breakfast currently served at Heritage, Intermediate and Middle School.

**FOOD Thought**

Avocados, eggplants, cucumbers, chilies and tomatoes are all fruits that are prepared and served as vegetables.

**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](http://www.waunakee.k12.wi.us)  
Food Service Office 608-849-2185  
Vicki Hoyer, Director of Food Service  
Karen Evans, Asst. Dir. of Food Service

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