



SEPTEMBER 2019

GLACIAL DRUMLIN LUNCH

Components: Fruit, Vegetable, Protein, Grain, Milk *Build a Complete Meal by Selecting at Least 3* One must be a ½ cup of Fruit, Vegetable or Fruit/Vegetable Combination*

Monday	Tuesday	Wednesday	Thursday	Friday
	3 (E)Mini Corn Dogs Or Cheeseburger Meatloaf w/Dinner Roll Mashed Potatoes California Blend Vegetables Peas & Carrots Chilled Applesauce Watermelon Wedge	4 (P)Taco Meat Top N Go Chips or Soft Shell Shredded Cheese Or Turkey Sandwich Diced Tomatoes & Shredded Lettuce Corn Niblets Refried Beans Pineapple Tidbits	5 Chicken Nuggets w/ Steamed Brown Rice Or (P)BBQ Pork Sandwich Steamed Cauliflower Grape Tomatoes Broccoli Florets Mandarin Oranges	6 (P,V)Wild Mike's Pizza Wedge Or Grilled Chicken Sandwich Romaine Garden Salad Baby Carrots Celery Sticks Chilled Peaches Slushie Sidekicks
9 Cheeseburger/Bun Or Hot 'n Spicy Chicken Sandwich Sliced Tomatoes Baked Sweet Potato Fries Country Blend Vegetables Pineapple Tidbits (E)Cookie	10 Hot Dog/Bun Or (P)Rib Sandwich Sun Chips Baked Beans Baby Carrots Warm Cinnamon Apples	11 (E,V)Rotini w/Meatballs in Sauce, Shredded Cheese & Garlic Toast Or (E)Turkey Ranch Wrap Romaine Garden Salad Grape Tomatoes Cucumbers Chilled Pears	12 Popcorn Chicken w/(E)Cornbread Or (V)Cheese Calzone Deli Roasted Potatoes (E)Creamy Coleslaw Pepper Strips Mixed Fruit Grapes	13 (P,V)Dominos Pizza Or Ham on Wheat Garden Salad Celery Sticks Cauliflorets Broccoli Cuts Diced Peaches
16 (E)Mini Corn Dogs Or Fish w/Cheese/Bun Baked Beans Corn Niblets Chilled Applesauce	17 (E)Orange Or Teriyaki Chicken Steamed Brown Rice California Blend Vegetables Carrots Coins Slushie Sidekicks (E)Fortune Cookie	18 BRUNCH FOR LUNCH (E,V)French Toast Sticks w/(P)Sausage Or Ham & Cheese Sub Hash Brown Rounds Celery Sticks Mixed Berries 100% Juice	19 (V)Wild Mike's Cheese Bites w/Marinara Or Hot 'n Spicy Chicken Sandwich Garden Salad Cucumbers Cherry Tomatoes Pineapple Tidbits	 20 Touchdown Nuggets Or Sloppy Joe/Bun Sun Chips Broccoli Florets Baby Carrots Corn Niblets (LG)Fresh Sliced Apples
23 (E,V)Mac & Cheese/Breadstick Or (P)Rib Sandwich Country Blend Vegetables Broccoli Cuts Diced Pears Slushie Sidekicks	24 (P)Nachos w/Meat & Cheese Sauce Or Grilled Chicken Sandwich Fiesta Black Beans Corn Niblets Baby Carrots Mixed Fruit	25 Turkey & Gravy/Dinner Roll Or Sub Sandwich Mashed Potatoes Peas & Carrots Cranberry Sauce Mandarin Oranges (E)Cookie	26 Chicken Nuggets w/Garlic Toast Or (E,V)Cheese Lasagna Roll Up w/Garlic Toast Green Beans Steamed Carrots Celery Sticks Chilled Peaches	27 (P,V)Personal Round Pizza Or Turkey & Cheese on a Bun Romaine Garden Salad Cucumber Slices Pepper Strips Jicama Strips Banana
30 <b style="color: red;">NO SCHOOL GRADES 5-8		P - May contain pork N - May contain peanut/nut E - May contain egg V - Vegetarian LG - Locally Grown (N,V)PBJ Combo or (E)Chef or (E)Garden Salad offered Daily as an Entrée Choice	MEAL PRICES Grade 5 \$ 2.70 Grades 6-8 \$ 2.85 Reduced \$ 0.00 Adults \$ 3.75 Milk Only \$ 0.40 Skim and 1% Milk served daily Fresh Fruit served most days of the week	The Monona Grove School Lunch Program is hiring part time substitute food service workers. For more information, please contact Dee Matthys, School Nutrition Coordinator, 608-316-1911 or dolores.matthys@mgschools.net

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