

- 2024 -

APRIL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Wrenshall School ISD 100

Reminder for all.... Breakfast and Lunch is free to all students as long as they meet the guidelines as follows....

What is included in the MN Free School Meals Program? In schools with Offer versus Serve (which includes Wrenshall):

- At breakfast, the student must choose at least 3 items to be counted as a reimbursable meal. The student must choose a ½ cup serving of fruit or vegetable as part of their breakfast.
- At lunch, the student must choose at least 3 components to be counted as a reimbursable meal. The student must choose a ½ cup serving of fruit or vegetable as part of their lunch.

What is NOT included in the MN Free School Meals Program? Single item purchases and non-reimbursable meals are not free. Some examples include:

- carton of milk
- second entrée
- A second breakfast or a second lunch
- Meals that do not meet the minimum requirements
- Meals served to teachers, staff, and other adults

1 Cold Cereal, Yogurt or Oatmeal bar
Fruit, Juice, Milk

Chicken w/Pasta
Vegetable, Fruit, Milk

2 Breakfast Pizza
Fruit, Juice, Milk

Sloppy Joe on a Bun
Vegetable, Fruit, Milk

3 Cold Cereal, Muffin or Cheese Stick
Fruit, Juice, Milk

Turkey & Cheese Sandwich w/Tomato Soup
Vegetable, Fruit, Milk

4 Yogurt Parfait
Fruit, Juice, Milk

Teriyaki Chicken w/Rice
Vegetable, Fruit, Milk

5 Cold Cereal, Cheese Stick
Fruit, Juice, Milk

Pizza
Vegetable, Fruit, Milk

8 Cold Cereal, Oatmeal Bar
Fruit, Juice, Milk

Hamburger on a Bun
Vegetable, Fruit, Milk

9 Breakfast Sandwich
Fruit, Juice, Milk

Orange Chicken w/Rice
Vegetable, Fruit, Milk

10 Cold Cereal, Muffin, Yogurt
Fruit, Juice, Milk

Loose Meat Sandwich w/Cheese
Vegetable, Fruit, Milk

11 Waffle
Fruit, Juice, Milk

Italian Chicken w/Pasta
Vegetable, Fruit, Milk

12 Cold Cereal, Cheese Stick
Fruit, Juice, Milk

Taco in a Bag
Vegetable, Fruit, Milk

15 Cold Cereal, Oatmeal Bar
Fruit, Juice, Milk

Fish Patty on a Bun
Vegetable, Fruit, Milk

16 French Toast Sticks
Fruit, Juice, Milk

Chicken and Gravy
Vegetable, Fruit, Milk

17 Cold Cereal, Muffin
Fruit, Juice, Milk

Sub Sandwich
Vegetable, Fruit, Milk

18 Yogurt Parfait
Fruit, Juice, Milk

BBQ Chicken Sandwich
Vegetable, Fruit, Milk

19 Cold Cereal, Cheese Stick
Fruit, Juice, Milk

Pizza
Vegetable, Fruit, Milk

22 Cold Cereal, Yogurt
Fruit, Juice, Milk

Teriyaki Chicken w/Rice
Vegetable, Fruit, Milk

23 Frudel
Fruit, Juice, Milk

Cowboy Burger on a Bun
Vegetable, Fruit, Milk

24 Cold Cereal, Cheese Stick
Fruit, Juice, Milk

Spaghetti w/Meat Sauce
Vegetable, Fruit, Milk

25 Breakfast Pizza
Fruit, Juice, Milk

Queso Meatball Sub
Vegetable, Fruit, Milk

26 NO SCHOOL

29 Cold Cereal, Oatmeal Bar
Fruit, Juice, Milk

Meatloaf w/ Mashed Potatoes
Vegetable, Fruit, Milk

30 Waffle
Fruit, Juice, Milk

Southwest Queso Chicken With Rice
Vegetable, Fruit, Milk