

2024

# SEPTEMBER

## Wrenshall School Breakfast & Lunch Menu

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

|                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                  |                                                                                                                                                              |                                                                                                                                                 |
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| <p><b>2</b></p> <p><b>NO SCHOOL</b></p>                                                                                                           | <p><b>3</b></p> <p>French Toast Sticks<br/>Fruit/Juice/Milk</p> <p>Hotdog on a Bun<br/>Baked Beans / Peas<br/>Fruit / Milk</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <p><b>4</b></p> <p>Muffin / Yogurt<br/>Fruit/Juice/Milk</p> <p>Spaghetti Sauce w/Pasta<br/>Corn / Breadstick<br/>Fruit / Milk</p>                | <p><b>5</b></p> <p>Breakfast Sandwich<br/>Fruit/Juice/Milk</p> <p>Hamburger on a Bun w/fixings<br/>Cooked Carrots<br/>Fruit / Milk</p>                       | <p><b>6</b></p> <p>Cereal / Cheese Stick<br/>Fruit/Juice/Milk</p> <p>Pizza<br/>Green Beans<br/>Fruit / Milk</p>                                 |
| <p><b>9</b></p> <p>Cereal / Yogurt<br/>Fruit/Juice/Milk</p> <p>Chicken w/Gravy over Pasta<br/>Carrots &amp; Peas Mix / Bread<br/>Fruit / Milk</p> | <p><b>10</b></p> <p>Breakfast Pizza<br/>Fruit/Juice/Milk</p> <p>Sloppy Joe w/Bun<br/>Baked Beans / Coleslaw<br/>Fruit / Milk</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <p><b>11</b></p> <p>Muffin / Yogurt<br/>Fruit/Juice/Milk</p> <p>Sub Sandwich w/Fixings<br/>Broccoli –raw / Chip<br/>Fruit / Milk</p>             | <p><b>12</b></p> <p>Yogurt Parfait<br/>Fruit/Juice/Milk</p> <p>Stuffed Cheese Bread w/Marinara<br/>Steamed Corn<br/>Fruit / Milk</p>                         | <p><b>13</b></p> <p>Oatmeal Bar / Cheese Stick<br/>Fruit/Juice/Milk</p> <p>Teriyaki Chicken w/Rice<br/>Green Beans / Bread<br/>Fruit / Milk</p> |
| <p><b>16</b></p> <p>Yogurt / Oatmeal Bar<br/>Fruit/Juice/Milk</p> <p>Orange Chicken w/Rice<br/>Broccoli<br/>Fruit / Milk</p>                      | <p><b>17</b></p> <p>Breakfast Burrito<br/>Fruit/Juice/Milk</p> <p>Mac &amp; Cheese w/Mini Corn Dogs<br/>Baked Beans / Cooked Carrots<br/>Fruit / Milk</p>                                                                                                                                                                                                                                                                                                                                                                                                                                    | <p><b>18</b></p> <p>Cereal / Muffin<br/>Fruit/Juice/Milk</p> <p>Meatballs w/gravy<br/>Mashed Potatoes / Green Beans<br/>Bread / Fruit / Milk</p> | <p><b>19</b></p> <p>Pancake on a Stick<br/>Fruit/Juice/Milk</p> <p>BBQ Shredded Chicken w/Bun<br/>Mix Peas &amp; Carrots / Potato Fries<br/>Fruit / Milk</p> | <p><b>20</b></p> <p>Cereal / Cheese Stick<br/>Fruit/Juice/Milk</p> <p>Pizza<br/>Steamed Corn<br/>Fruit / Milk</p>                               |
| <p><b>23</b></p> <p>Cereal / Oatmeal Bar<br/>Fruit/Juice/Milk</p> <p>Hamburger on a Bun<br/>Baked Beans / Corn<br/>Fruit / Milk</p>               | <p><b>24</b></p> <p>Waffle<br/>Fruit/Juice/Milk</p> <p>Taco Tuesday in a bag<br/>Spanish Rice / Refried Beans/L/T/O/C<br/>Fruit / Milk</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                   | <p><b>25</b></p> <p>Yogurt / Muffin<br/>Fruit/Juice/Milk</p> <p>Tater Tot Hotdish<br/>Coleslaw /Peas / Bread<br/>Fruit / Milk</p>                | <p><b>26</b></p> <p>Breakfast Sandwich<br/>Fruit/Juice/Milk</p> <p>Sweet&amp; Sour Chicken<br/>Rice / Broccoli<br/>Fruit / Milk</p>                          | <p><b>27</b></p> <p>Cheese Stick / Oatmeal Bar<br/>Fruit/Juice/Milk</p> <p>Fish Sandwich<br/>Carrots<br/>Fruit / Milk</p>                       |
| <p><b>30</b></p> <p>Oatmeal Bar / Yogurt<br/>Fruit/Juice/Milk</p> <p>Corn Dog<br/>Peas-Carrot Mix / Baked Beans<br/>Fruit / Milk</p>              | <p>A variety of cold cereals is offered every morning for breakfast in addition to what is posted. Breakfast &amp; Lunch is free to all students as long as they follow the guidelines for MN Free School Meals Program, which is: At breakfast they 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, which includes juice as part of their breakfast. At Lunch they must choose at least 3 items to be counted as a reimbursable meal, which must include either ½ cup of fruit or ½ cup of vegetable.</p> |                                                                                                                                                  |                                                                                                                                                              |                                                                                                                                                 |