

2024

OCTOBER

Wrenshall School Breakfast & Lunch Menu

MONDAY

A variety of cold cereals is offered as an option every morning for breakfast in addition to what is on the menu.

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	<p>1 French Toast Sticks Fruit/Juice/Milk</p> <p>Italian Chicken over Pasta Green Beans / Mozzarella Cheese Bread / Fruit / Milk</p>	<p>2 Muffin / Cereal Fruit/Juice/Milk</p> <p>Sub-Sandwich w/L/T/O Carrots Sticks / Pasta Salad Fruit / Milk</p>	<p>3 Breakfast Sandwich Fruit/Juice/Milk</p> <p>BBQ Pulled Pork on a Bun Broccoli / Coleslaw Fruit / Milk</p>	<p>4 Yogurt / Cereal Fruit/Juice/Milk</p> <p>Pizza Steamed Corn Fruit / Milk</p>
<p>7 Cereal / Yogurt Fruit / Juice / Milk</p> <p>Teriyaki Chicken Rice / Broccoli / Bread Fruit / Milk</p>	<p>8 Breakfast Pizza Fruit / Juice / Milk</p> <p>Fish Sticks Mashed Potatoes / Baked Beans Bread / Fruit / Milk</p>	<p>9 Muffin / Yogurt Fruit / Juice / Milk</p> <p>Non- Sloppy Joe on a Bun w/cheese Green Beans/Potato Fries Chip / Fruit / Milk</p>	<p>10 Yogurt Parfait Fruit / Juice / Milk</p> <p>Chicken Tenders Carrots-cooked / Bread Fruit / Milk</p>	<p>11 Oatmeal Bar /Cheese Stick Fruit / Juice/ Milk</p> <p>Beef Chili *w/C/T/O* Corn / Chip Fruit / Milk</p>
<p>14 Yogurt / Oatmeal Bar Fruit/ Juice/ Milk</p> <p>Chicken Alfredo Pasta / Broccoli / Breadstick Fruit / Milk</p>	<p>15 Breakfast Burrito Fruit/ Juice/ Milk</p> <p>Hamburger on a Bun *w/C/L/T/O/P* – Potato Fries Pasta salad / Fruit / Milk</p>	<p>16 Cereal / Muffin Fruit/ Juice/ Milk</p> <p>Cheese Stuffed Breadsticks Marinara Sauce / Carrots –cooked Fruit / Milk</p>	<p>17</p> <p>NO SCHOOL</p>	<p>18</p> <p>NO SCHOOL</p>
<p>21 Cereal / Oatmeal Bar Fruit/ Juice/ Milk</p> <p>Orange Chicken Rice / Bread / Broccoli Fruit / Milk</p>	<p>22 Waffle Fruit/ Juice/ Milk</p> <p>Spaghetti Sauce w/Pasta Breadstick / Corn Fruit / Milk</p>	<p>23 Yogurt / Muffin Fruit/ Juice/ Milk</p> <p>Meatball Sub w/ Queso Cheese Carrots / Red Peppers & Onions Fruit / Milk</p>	<p>24 Breakfast Pizza Fruit/ Juice/ Milk</p> <p>Crispy Chicken on a Bun Baked Beans / Coleslaw Fruit / Milk</p>	<p>25 Cheese Stick / Oatmeal Bar Fruit/ Juice/ Milk</p> <p>Pizza Green Beans Fruit / Milk</p>
<p>28 Oatmeal Bar / Yogurt Fruit / Juice/ Milk</p> <p>BBQ Chicken Sandwich Green Beans Fruit / Milk</p>	<p>29 French Toast Sticks Fruit/ Juice/ Milk</p> <p>Shredded Pork w/gravy Mashed Potatoes / Broccoli Fruit / Milk</p>	<p>30 Muffin / Cereal Fruit / Juice / Milk</p> <p>Sub Sandwich Coleslaw *L/T/O*/Red Peppers Fruit / Milk</p>	<p>31 Breakfast Sandwich Fruit/ Juice/ Milk</p> <p>Cheese Quesadilla Pizza Black Beans / Corn / L/T/ Fruit / Milk</p>	<p>*C=Cheese L=Lettuce T=Tomato O=Onion P=Pickle</p>

This institution is an equal opportunity provider. Menu is subject to change. A variety of milk is offered each day.

2024

NOVEMBER

Wrenshall School Breakfast & Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

*C/L/T/O/P = Cheese/Lettuce/Tomato/Onion/Pickle

A variety of cold cereals is offered every morning for breakfast in addition to what is posted. Breakfast & 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.

1
Oatmeal Bar / Cereal
Fruit/Juice/Milk

Fish Patty w/Bun
Baked Beans / Carrots
Fruit/Milk

4
Yogurt/Oatmeal Bar
Fruit/Juice/Milk

Teriyaki Chicken w/Rice
Broccoli / Fruit / Milk

5
Breakfast Pizza
Fruit/Juice/Milk

Sloppy Joe on a Bun
Green Beans / Potato Fries
Fruit/Milk

6
Muffin/Cheese/Cereal
Fruit/Juice/Milk

Southwest Queso Chicken w/Pasta
Carrots/Breadstick
Fruit/Milk

7
Yogurt Parfait
Fruit/Juice/Milk

Taco in a Bag w/L/T/O/C
Spanish Rice / Beans
Fruit/Milk

8
Cereal/Cheese Stick
Fruit/Juice/Milk

Marinara Meatball Sub
Corn/ Fruit/Milk

11
Oatmeal Bar/Yogurt
Fruit/Juice/Milk

General Tso's Chicken w/Rice
Broccoli/Fruit
Milk

12
Breakfast Burrito
Fruit/Juice/Milk

Tater Tot Hotdish
Corn/Bread
Fruit/Milk

13
Muffin/Cereal
Fruit/Juice/Milk

Chicken Tenders
Baked Beans/Carrots/Rice Salad
Fruit/Milk

14
Pancake on a Stick
Fruit/Juice/Milk

Hamburger on a Bun
C/L/T/O/P*
Green Beans/Fruit/Milk

15
Oatmeal Bar/Cereal
Fruit/Juice/Milk

Pizza
Carrots & Peas
Fruit/Milk

18
Oatmeal Bar/Cereal
Fruit/Juice/Milk

Hot Dog on a Bun
Broccoli/Fruit/Milk

19
Breakfast Sandwich
Fruit/Juice/Milk

Fish Sticks
Baked Beans/Carrots
Fruit/Milk

20
Yogurt/Muffin
Fruit/Juice/Milk

Chicken Tacos
Coleslaw/Peppers/L/T/O/C
Fruit/Milk

21
Waffle
Fruit/Juice/Milk

Spaghetti Sauce w/Pasta
Corn/ Breadstick
Fruit/Milk

22
Cheese Stick/Cereal
Fruit/Juice/Milk

Turkey w/Gravy
Mashed Potatoes/Squash
Green Beans/Fruit/Milk

25
Oatmeal Bar/Yogurt
Fruit/Juice/Milk

Grilled Cheese & Tomato Soup
Corn/Fruit/Milk

26
French Toast
Fruit/Juice/Milk

BBQ Pork on a Bun
Baked Beans/Broccoli
Fruit/Milk

27
Muffin/Cereal
Fruit/Juice/Milk

Waffles/Sausage
Potato Fries/Fruit/Milk

28
NO SCHOOL
HAPPY THANKSGIVING

29
NO SCHOOL