



Don't Forget
to Eat Your
Vegetables

Kenyon-Wanamingo Elementary

March
2019

Fresh Vegetable Choices and Seasonal Fruit are Offered Daily
on the Fruit and Vegetable Bar

MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

School Breakfast Week 4

French Toast Sticks
Sausage Patty

Harvest Chicken Salad

Turkey BLT Wrap

Breakfast Potatoes

National Nutrition Month 5

BBQ Meatball Sub

Beef Stroganoff
Whole Grain Dinner Roll

Buffalo Chicken Salad
Garlic & Herb Broccoli

National Noodle Month 6

Fish Sandwich with Cheese

Chicken Nugget Basket
Whole Grain Dinner Roll
Pretzel Bites w/Cheese Cubes

Golden French Fries
Pickle Slice

THURSDAY 27

Turkey ala King
Over a Biscuit

Ham Deli Sub Sandwich

WG Chips, Salsa & Cheese
Cubes

Homemade Brownie

FRIDAY 28

Dr. Seuss' Birthday 1

Roast Turkey & Gravy

Meatloaf

Yogurt Pak with Bagel
Southwest Chicken Salad
Mashed Potatoes
Rip Stick Breadstick
Sugar Cookie

11

Sweet n Sour Chicken Bites
Brown Rice

Cravin Craisin Salad

Chicken Caesar Salad

Green Peas
Mini Rice Krispie Treat

12

Lasagna Rollup with Sauce
Garlic Toast

BBQ Rib Sandwich

7 Layer Salad

Caesar Salad

Chicken Soup Day 13

Grilled Ham & Cheese
Sandwich

Buffalo Chicken Fajita Wrap

Pizza Munchable
Chicken Noodle Soup
Spicy Pinto Beans

Pi Day 14

3.14 Personal Pizza

Ham Deli Sub Sandwich

Honey Mustard Ham Wrap

Roasted Broccoli

National Irish Food Day 15

Fish Fry Basket
Coleslaw
Potato Pancake

Crispy Chicken Salad

WG Chips, Salsa & Cheese
Cubes
Applesauce
French Bread

18

Ravioli with Meat Sauce
French Bread

Ham Deli Sandwich

Chicken Caesar Salad
Kale Salad
Chocolate Chip Cookie

HOM Mint & Strawberry 19

Ham & Tator Tot Breakfast
Bake

Turkey BLT Salad

Turkey Deli Sandwich
Minted Fruit Salad
Cinnamon Roll

20

Chicken Nugget Basket

Fish Nugget Basket

Chef Salad

Tator Tots
French Bread

21

Soft Beef Tacos
Lettuce, Tomato, Cheese

Crispy Chicken Salad

Turkey Cranberry Wrap

Black Beans

22

Grilled Cheese Sandwich

Yogurt Pak with Bagel

Beef Taco Salad

Tomato Soup

25

NO SCHOOL

26

Macaroni & Cheese

Sloppy Joe on a Bun

Buffalo Chicken Salad

Roasted Broccoli

27

Homemade Salisbury Steak

Pretzel Bites w/Cheese Cubes

Chef Salad
Mashed Potatoes
Roasted Corn
Whole Grain Dinner Roll

28

Corn Dog

Pulled Pork Sandwich

Turkey Deli Sandwich

Coleslaw

29

Cheese Pizza

Yogurt Pak with Bagel

Chicken Caesar Salad
Mexican Street Corn

Prices

Regular	\$2.60
Reduced	\$0.00
Adult	\$3.95
Extra Entree	\$1.85
Extra Milk	\$0.55



EXTRA INFO

Milk choice of 1% White, Chocolate Skim, or Skim is included with lunch.
Entree Salads are served with Dinner Roll.
For questions or comments, contact Crystal Allers at 507-789-7024 or email callers@kw.k12.mn.us

