



Don't Forget
to Eat Your
Vegetables

Kenyon-Wanamingo MS/HS Lunch Menu

March 2019

Fresh Vegetable Choices and Seasonal Fruit

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

1

FRIDAY

EXTRA INFO

Classic Cafe Meatloaf, Mashed Potatoes, Gravy,
Rip Stick Breadstick, Sugar Cookie

Grab and Go Yogurt Pak with Bagel, Southwest
Chicken Salad

Harvest of the Month 



*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*

Menus are subject to change without
notice. This institution is an equal
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4 MONDAY

- Classic Cafe** Sloppy Joe on a Bun, Potato Wedges
- Grab and Go** Crispy Chicken Salad, Ham Deli Sub Sandwich
- Diner Station** Cheeseburger on Bun, Hamburger on a Bun

5 TUESDAY

- Classic Cafe** Beef Stroganoff, Bread Stick
- Grab and Go** Beef Taco Salad, Turkey Ranch Wrap
- Pizza Station** Cheese Pizza, Sausage Pizza, Pepperoni Pizza

6 WEDNESDAY

- Classic Cafe** New Orleans Fish Hoagie, Cajun Chips, Mini Rice Krispie Treat
- Grab and Go** Turkey Deli Sub Sandwich, Turkey BLT Salad
- Diner Station** Crispy Chicken Sandwich

7 THURSDAY

- Classic Cafe** Pasta with Meat Sauce, French Bread
- Grab and Go** Chef Salad, WG Chips, Salsa & Cheese Cubes
- Pizza Parlor** Cheese Pizza, Sausage Pizza, Pepperoni Pizza

8 FRIDAY

- Classic Cafe** Toasted Cheese Sandwich, Tomato Soup
- Grab and Go** Yogurt Pak with Pretzel Bites, Turkey Deli Sub Sandwich
- Diner Station** Corn Dog

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11

MONDAY

- Classic Cafe** Sweet n Sour Chicken Bites, Brown Rice
- Grab and Go** Crispy Chicken Salad, Ham Deli Sub Sandwich
- Diner Station** Cheeseburger on Bun, Hamburger on a Bun

12

TUESDAY

- Classic Cafe** Lasagna Rollup with Sauce, Caesar Salad, Garlic Toast
- Grab and Go** Beef Taco Salad, Turkey Ranch Wrap
- Pizza Station** Cheese Pizza, Sausage Pizza, Pepperoni Pizza

13

WEDNESDAY

- Classic Cafe** Roast Pork & Gravy, Mashed Potatoes, Whole Grain Dinner Roll
- Grab and Go** Turkey BLT Salad, Turkey Deli Sub Sandwich
- Diner Station** Crispy Chicken Sandwich

14

THURSDAY

- Classic Cafe** Crispy Chicken Tenders, Baked Potato Halves, French Bread, Homemade Brownie
- Grab and Go** Chef Salad, WG Chips, Salsa & Cheese Cubes
- Pizza Parlor** Cheese Pizza, Sausage Pizza, Pepperoni Pizza

15

FRIDAY

- Classic Cafe** Fish Fry, Potato Wedges, Coleslaw, Applesauce, Rip Stick Breadstick
- Grab and Go** Yogurt Pak with Bagel, Turkey Deli Sub Sandwich
- Diner Station** Corn Dog

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18

MONDAY

- Classic Cafe** Chicken Parmesan w/Pasta, Bread Stick
- Grab and Go** Crispy Chicken Salad, Ham Deli Sub Sandwich
- Diner Station** Cheeseburger on Bun, Hamburger on a Bun

19

TUESDAY

- Classic Cafe** Ham & Tator Tot Breakfast Bake, Cinnamon Roll
- Grab and Go** Beef Taco Salad, Turkey Ranch Wrap
- Pizza Parlor** Cheese Pizza, Sausage Pizza, Pepperoni Pizza

20

WEDNESDAY

- Classic Cafe** Popcorn Chicken Bowl
- Grab and Go** Turkey BLT Salad, Ham Deli Sub Sandwich
- Diner Station** Crispy Chicken Sandwich

21

THURSDAY

- Classic Cafe** Soft Beef Tacos, Lettuce, Tomato, Cheese
- Grab and Go** Chef Salad, WG Chips, Salsa & Cheese Cubes
- Pizza Parlor** Cheese Pizza, Sausage Pizza, Pepperoni Pizza

22

FRIDAY

- Classic Cafe** Cheesebread Dunkers with Marinara, Marinara Sauce
- Grab and Go** Yogurt Pak with Bagel, Turkey Deli Sub Sandwich
- Diner Station** Corn Dog

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25

MONDAY

Classic Cafe NO SCHOOL

28

THURSDAY

Classic Cafe Beefy Nachos & Homemade Cheese Sauce, Refried Beans

Grab and Go Chef Salad, WG Chips, Salsa & Cheese Cubes

Pizza Parlor Cheese Pizza, Sausage Pizza, Pepperoni Pizza

26

TUESDAY

Classic Cafe Roasted Hot Dog on a Bun, Macaroni & Cheese

Grab and Go Chicken Taco Salad, Turkey Ranch Wrap

Pizza Parlor Cheese Pizza, Sausage Pizza, Pepperoni Pizza

29

FRIDAY

Classic Cafe Cheese Bread, Marinara Sauce

Grab and Go Yogurt Pak with Bagel, Ham Deli Sub Sandwich

Diner Station Corn Dog

27

WEDNESDAY

Classic Cafe Homemade Salisbury Steak, Mashed Potatoes, Gravy, Whole Grain Dinner Roll

Grab and Go Ham Deli Sub Sandwich, Turkey BLT Salad

Diner Station Crispy Chicken Sandwich

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THURSDAY

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