

Kenyon-Wanamingo MS/HS Lunch Menu

Fresh Vegetable Choices and Seasonal Fruit

March
2020

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2

MONDAY

Classic Cafe Pancake on a Stick, Tri Tater

Grab and Go WG Chips, Salsa & Cheese Cubes,
Ham Deli Sub Sandwich

Diner Station Crispy Chicken Sandwich

5

THURSDAY

Classic Cafe Breakfast Bake, Cinnamon
Roll

Grab and Go Chicken Caesar Salad, Buffalo
Chicken Fajita Wrap

Pizza Parlor Cheese Pizza, Sausage Pizza,
Pepperoni Pizza

3

TUESDAY

Classic Cafe Chicken Waffle Sandwich

Grab and Go Beef Taco Salad, Turkey Ranch
Wrap

Pizza Parlor Cheese Pizza, Sausage Pizza,
Pepperoni Pizza

Cold Salad Cucumber Ranch Salad

6

FRIDAY

Classic Cafe Ham, Egg & Cheese on Bagel,
Potato Wedges

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

Diner Station Fish Sandwich with Cheese,
Cheeseburger on Bun, Hamburger
on Whole Grain Bun

4

WEDNESDAY

Classic Cafe French Toast Sticks, Sausage Patty,
Breakfast Potatoes, Syrup

Grab and Go PB & J Sandwich, Turkey BLT
Salad

Diner Station Corn Dog

EXTRA INFO

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
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MONDAY

- Classic Cafe** Sloppy Joe on a Bun,
Seasoned Ranch Wedges
- Grab and Go** WG Chips, Salsa & Cheese Cubes,
Ham Deli Sub Sandwich
- Diner Station** Crispy Chicken Sandwich
- Hot Vegetable** Baked Beans

12

THURSDAY

- Classic Cafe** Chicken ala King w/Biscuit, Whole
Grain Dinner Roll
- Grab and Go** Buffalo Chicken Wrap,
Chicken Caesar Salad
- Pizza Parlor** Cheese Pizza, Sausage Pizza,
Pepperoni Pizza
- Cold Salad** Arugula with Apples &
Pomegranate Salad

10

TUESDAY

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

13

FRIDAY

- Classic Cafe** Toasted Cheese Sandwich,
Tomato Soup
- Grab and Go** Cravin Craisin Salad, Chicken
Caesar Wrap
- Diner Station** Cheeseburger on Bun, Hamburger
on Whole Grain Bun
- Dessert** Birthday Cake

11

WEDNESDAY

- Classic Cafe** Walking Taco, Spicy Pinto
Beans
- Grab and Go** PB & J Sandwich, Turkey BLT
Salad
- Diner Station** Corn Dog

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MONDAY

Classic Cafe Chicken Bacon Ranch Melt, Kettle Potato Chips

Grab and Go Ham Deli Sub Sandwich, WG Chips, Salsa & Cheese Cubes

Diner Station Crispy Chicken Sandwich

19

THURSDAY

Classic Cafe Beefy Nachos w/Cheese Sauce, Guacamole

Grab and Go Buffalo Chicken Wrap, Chicken Caesar Salad

Pizza Parlor Cheese Pizza, Sausage Pizza, Pepperoni Pizza

Hot Vegetable Refried Beans

17

TUESDAY

Classic Cafe Shepherd's Pie, Whole Grain Dinner Roll

Grab and Go Beef Taco Salad, Turkey Ranch Wrap

Pizza Parlor Cheese Pizza, Sausage Pizza, Pepperoni Pizza

Hot Vegetable Green Beans

Dessert Leprechaun cookie

20

FRIDAY

Classic Cafe New Orleans Fish Hoagie, Cajun Chips

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

Diner Station Cheeseburger on Bun, Hamburger on Whole Grain Bun

18

WEDNESDAY

Classic Cafe Ham & Tator Tot Breakfast Bake, Cinnamon Roll

Grab and Go PB & J Sandwich, Turkey BLT Salad

Diner Station Corn Dog

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MONDAY

Classic Cafe NO SCHOOL

26

THURSDAY

Classic Cafe Pasta with Meat Sauce, Garlic Toast

Grab and Go Buffalo Chicken Wrap, Chicken Caesar Salad

Pizza Parlor Cheese Pizza, Sausage Pizza, Pepperoni Pizza

24

TUESDAY

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

Grab and Go Beef Taco Salad, Turkey Ranch Wrap

Pizza Parlor Cheese Pizza, Sausage Pizza, Pepperoni Pizza

Hot Vegetable Corn

27

FRIDAY

Classic Cafe Macaroni & Cheese, Roasted Broccoli

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

Diner Station Cheeseburger on Bun, Hamburger on Whole Grain Bun

25

WEDNESDAY

Classic Cafe Chicken Alfredo w/Pasta, Bread Stick

Grab and Go PB & J Sandwich, Turkey BLT Salad

Diner Station Corn Dog

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MONDAY

Classic Cafe Sweet and Sour Chicken, Mexican Brown Rice, Bread Stick

Grab and Go WG Chips, Salsa & Cheese Cubes, Ham Deli Sub Sandwich

Hot Vegetable Corn

Diner Station Crispy Chicken Sandwich

THURSDAY

31

TUESDAY

Classic Cafe Roast Pork & Gravy, Mashed Potatoes, Whole Grain Dinner Roll, Warm Cinnamon Apples

Grab and Go Beef Taco Salad, Turkey Ranch Wrap

Pizza Parlor Cheese Pizza, Sausage Pizza, Pepperoni Pizza

FRIDAY

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