

September 2020

Chisago Lakes Trio Wolf Creek School Menu

LUNCH



Meal Prices:

Secondary Lunch: \$2.85
Elementary Lunch: \$2.60
Adult Lunch: \$4.25
Student Breakfast: \$1.75
Milk: \$.50



Nutrition Tip: With September being Whole Grains month, try increasing your whole grain intake by snacking on ready-to-eat whole grain cereals, whole grain crackers or popcorn.

Reference: USDA MyPlate



Monday

*Milk offered at all meals

NO SCHOOL

7

Hamburger on a Bun
 Baked Beans
 Seasoned French Fries
 Fruit Variety

14

Mini Corn Dogs
 Baked Beans
 Power Slaw
 Fruit Variety

21

Italian Dunkers with
 Marinara Sauce
 Steamed Broccoli/Fresh Veg
 Fruit Variety

28

Tuesday

NO SCHOOL

1

Chicken Tenders
 Potato Rounds
 Baked Beans
 Fruit Variety

8

Orange Chicken
 Brown Rice
 Vegetable Medley
 Fresh Veggies
 Fruit Variety

15

French Toast Sticks
 Sausage Links
 Oven Baked Sweet Potatoes
 Fruit Variety

22

Chicken Nuggets
 Potato Rounds
 Baked Beans
 Fruit Variety

29

Wednesday

NO SCHOOL

2

Mozzarella Cheese Sticks
 with Sauce
 Cucumber Slices & Fresh Veg
 Fruit Variety

9

Hot Dog on a Bun
 Fresh Broccoli & Veggies
 Fruit Variety

16

Boneless Chicken Wings
 with Dipping Sauce
 Carrot & Celery Sticks
 Fruit Variety

23

Bosco Sticks with Sauce
 Cucumber Slices &
 Fresh Veg
 Fruit Variety

30

Thursday

NO SCHOOL

3

Submarine Sandwich
 Fresh Vegetables
 Fruit Variety

10

Cold Cut Sandwich
 Potato Chips
 Baby Carrots with Dip
 Fruit Variety

17

Hot Ham & Cheese
 Sandwich
 Fresh Veggies
 Fruit Variety

24

Friday

NO SCHOOL

4

Chicken Nuggets
 Carrot Coins
 Fresh Veggies
 Fruit Variety

11

Chicken Patty on a Bun
 Fresh Veggie Sticks
 Fruit Variety

18

Cheese Pizza
 Fresh Veggies
 Fruit Variety

25

