

Chetek-Weyerhaeuser High School/Middle School Breakfast & Lunch Menu



January



Mon	Tue	Wed	Thu	Fri
	² Chicken Mashed Potatoes Fruit-Milk	³ Quesadilla Pinto Beans Fruit-Milk	⁴ Orange Chix.w/Rice Egg Roll Fruit-Milk	⁵ Philly Steak Sandwich Carrots Fruit-Milk
	French Toast & Egg Fruit-Milk	Biscuits & Gravy Fruit-Milk	Donuts Fruit-Milk	Breakfast Wrap Fruit-Milk
⁸ Italian Dunkers Green Beans Fruit-Milk	⁹ Taco Refried Beans Fruit-Milk	¹⁰ Chicken Nuggets Broccoli Fruit -Milk	¹¹ Spaghetti Peas Fruit-Milk	¹² Pork Sandwich Sweet Potato Fries Fruit-Milk
Pop tart Fruit-Milk	Eggs & Toast Fruit-Milk	Pancake on a Stick Fruit-Milk	Breakfast Sandwich Fruit-Milk	Breakfast Pizza Fruit-Milk
¹⁵ Chili Cheese Wrap Carrots Fruit-Milk	¹⁶ Chicken Gravy w/ Biscuits Green. Beans Fruit-Milk	¹⁷ Hot Dog Baked Beans Fruit-Milk	¹⁸ Pancakes -Sausage Tator Tots Fruit-Milk	¹⁹ Cheese Burger French Fries Fruit-Milk
Parfait Fruit-Milk	French Toast & Egg Fruit-Milk	Biscuits & Gravy Fruit-Milk	Donuts Fruit-Milk	Breakfast Wrap Fruit-Milk
²² Pizza dippers Corn Fruit-Milk	²³ Nacho Supreme Black Beans Fruit-Milk	²⁴ Rib Sandwich Green beans Fruit-Milk	²⁵ Chicken Chili Broccoli Fruit-Milk	²⁶ Chicken Sandwich Sweet Potato Fries Fruit-Milk
Pop tart Fruit-Milk	Eggs & Toast Fruit-Milk	Pancake on a Stick Fruit-Milk	Breakfast Sandwich Fruit-Milk	Breakfast Pizza Fruit-Milk
²⁹ Pepperoni Pizza Corn Fruit-Milk	³⁰ Corndog Baked Beans Fruit-Milk	³¹ Sub Sandwich Green Beans Fruit-Milk	HS/MS Breakfast Nutritionals HERE HS Lunch Nutritionals HERE MS Lunch Nutritionals HERE	
Parfait Fruit-Milk	French Toast & Eggs Fruit-Milk	Biscuits & Gravy Fruit-Milk		



Breakfast Choices:

- Main Breakfast (listed on menu)
 - Cereal & Cheese
 - Muffin & Yogurt
- Plus fruit choices, juice, & milk

Lunch Choices:

- Entrée (listed on menu)
 - PB&J Sandwich (MS Only)
 - Deli Sandwich (HS Only)
- Plus garden bar, fruit choices, & milk

Garden Bar:

- M: salad greens & toppings
- T: veggies & dip
- W: mixed salad (spinach)
- Th: salad greens & toppings
- F: coleslaw or broccoli salad

Milk Choices:

- Skim, 1% and Skim Chocolate

Students will need to select 1/2 cup of fruit and/or vegetables at breakfast and lunch to receive a reimbursable meal