

## MINOCQUA J1 SCHOOL DISTRICT Lunch Menu

Meals include choice of milk, fruit, and vegetables!



### MONDAY



### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**Kohlrabi is rich in the mineral potassium that helps control heart rate and blood pressure by countering the effects of sodium.**



**Cheesy Beef Nachos**  
Pinto Beans  
Salsa  
Sour Cream

**Cheeseburger**  
Jo Jo Potato Wedges  
Crisp Garden Salad

**Homemade Mac & Cheese**  
Warm Breadstick  
Steamed Peas  
Cherry Tomatoes

**Corn Dogs**  
Mashed Potatoes w/ gravy  
Fresh Baby Carrots

**Pasta Rosa with Meat Sauce**  
Garlic Breadstick  
Fresh Popeye Salad  
Steamed Vegetables

**Walking Taco**  
Cilantro-Lime Rice  
Seasoned Corn  
Crisp Lettuce  
Black Beans

**Cheese Pizza**  
Fresh Garden Salad  
Seasoned Green Beans

**French Toast Sticks**  
Cheese Omelet  
Tater Tots  
Crunchy Baby Carrots

**Grilled Cheese Sandwich**  
Tomato Soup  
Seasoned Corn  
Fresh Garden Salad

**Roast Turkey**  
Mashed Potatoes w/ Gravy  
Green Bean Casserole  
Jellied Cranberries  
Dinner Roll

**Hot Dog w/ Chili**  
Glazed Carrots  
Fresh Celery Sticks

**Parent/Teacher Conferences**

**No School**

**Pizza Dippers w/ Marinara Sauce**  
Seasoned Green Beans  
Crisp Celery Sticks

**Golden Corn Dog**  
Baked Beans  
Tangy Coleslaw  
Fresh Baby Carrots

**Happy Thanksgiving**

**Breaded Fish**  
Cilantro-Lime Rice  
Crisp Garden Lettuce  
Grape Tomatoes

**Chicken Nuggets**  
Dinner Roll  
Mashed Potatoes w/ Gravy  
Fresh Baby Carrots

**Toasty Grilled Cheese**  
Tomato Soup  
Chilled Peas  
Sliced Cucumbers

**Crispy Chicken Parmesan on a Bun**  
Fresh Baby Carrots  
Baked Beans

**Cheeseburger on a Bun**  
Fresh Garden Salad  
Crisp Baked Fries

### Specials

**Student Lunch - \$2.90**

**Reduced Lunch Price - \$0.40**

**Adult - \$3.65**

**Milk Only - \$0.40**

### Grades 4K-5

#### Monday & Friday

Newton Meals (Bagel w/ cream cheese, yogurt, string cheese)

#### Tuesday – Friday

Deli Sandwiches  
Peanut Butter & Jelly Sandwiches

### Grades 6-8

#### Rotating Entrée Alternatives

Monday – Cheeseburger on a Bun  
Tuesday – BBQ Rib Sandwich  
Wednesday – Hot Dog on a Bun  
Thursday – Chicken Patty on a Bun  
Friday – Pizzeria Pizza

### GOOD to GO

**Daily Alternate Entrée Options for Students (6-8) & Staff**

Yogurt Parfaits  
Salads  
Sandwiches

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