



Regular physical activity helps the body to function better.

Tomahawk Elementary Lunch Menu

Fresh Vegetable Choices and Seasonal Fruit
Offered Daily on the Fruit & Vegetable Bar

OCTOBER 2016

MONDAY

Roasted Hot Dog
OR
BBQ Crispy Chicken Sandwich

Waldorf Salad

3

TUESDAY

Nachos Supreme
OR
Cheeseburger on WG Bun

4

WEDNESDAY

Meatballs in a Savory Gravy, Dinner Roll
OR
Bagel w/Cream Cheese, Yogurt, String Cheese

5

Mashed Potatoes

THURSDAY

Fish Nuggets & Soft Roll
OR
Crispy Chicken Nuggets & Soft Pan Roll

6

Golden French Fries

FRIDAY

Pizza Parlor Pizza
OR
Turkey Deli Sandwich

7

School Lunch Week
French Toast Sticks, Cinnamon Roll, Sausage
OR
Pretzel Bites w/ Cheese Cubes

10

Popcorn Chicken Bites & Soft Pan Roll
OR
Hot Turkey Sandwich

11

Mashed Potatoes & Gravy

Invite Family to Lunch
Spaghetti With Italian Meat Sauce & Garlic Toast
OR
BBQ Sandwich

12

HOM - Local Apple
Beefy Nachos with Homemade Cheese Sauce
OR
Chicken Philly Sandwich

13

Great Apple Crunch

Pizza Fries with Marinara Sauce
OR
Chicken Nuggets

14

OFF

17

HOM - Parsnips
Tasty Chicken Tenders
OR
Salisbury Steak

18

Mashed Potatoes with Parsnips
Fresh Bread

Soft Chicken Tacos with Lettuce, Cheese & Salsa
OR
Ham and Cheese Deli sand

19

Tator Tots

Toast Cheese Sandwich
OR
Breaded Chicken Patty Sandwich
Tomato Soup

20

Brownie

Pizza Parlor Pizza
OR
Cowboy BBQ Burger

21

Scallop Potatoes & Ham & Soft Roll
OR
Chicken Nuggets & Soft Roll

24

Mashed Potatoes

Italian Pizza Bake
Garlic Bread
OR
Roasted Hot Dog

25

Homestyle Meatballs in Gravy
OR
Tasty Chicken Strips

26

Mashed Potatoes & Gravy
Fresh Bread

Fish Nuggets & Soft Roll
OR
Crispy Chicken Sandwich

27

French Fries

HOM - Turmeric
Walking Tacos
OR
Cheeseburger

28

Turmeric Coconut Rice

Crispy Chicken Sub
OR
Toasted Ham & Cheese Sandwich

31



Apples contain no fat, sodium or cholesterol and are a good source of fiber.

Free & Reduced Price Meal Benefit information & application can be obtained by contacting the Food Service Office.

PRICES

Regular	\$2.60
Reduced	\$0.40
Adult	\$4.10

HARVEST OF THE MONTH



EXTRA INFO

Milk choice of 1% White, Skim or Chocolate Skim is included with all Lunch. For questions or comments contact the Food Service Director at: Tessmerd@tomahawk.k12.wi.us or call 715-453-2106 ext. 310

