

Waunakee Middle School Lunch Menu

Fresh Vegetable and Seasonal Fruit are Offered Daily

October
2022

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3

MONDAY

- Creation Station** Ultimate Nacho Bar
- Pizza Parlor** Cheese, Sausage or Pepperoni Pizza
- Diner Station** Deluxe Popcorn Chicken, Variety of Grab n Go Options
- Fresh Express** Fresh salads, sandwiches & wraps are available daily in the cooler

6

THURSDAY

- Creation Station** Warrior Bowl, Popcorn Chicken, Mashed, Corn, Gravy & Cheese
- Pizza Parlor** Cheese, Sausage or Pepperoni Pizza
- Diner Station** Chicken Nuggets, Variety of Grab n Go Options
- Fresh Express** Fresh salads, sandwiches and wraps are available daily in our cooler

4

TUESDAY

- Creation Station** Made-to-Order Pasta Bar, Garlic Breadstick, Fresh Salad
- Pizza Parlor** Cheese, Sausage or Pepperoni Pizza
- Diner Station** Crispy Chicken Tenders, Variety of Grab n Go Options
- Fresh Express** Fresh salads, sandwiches and wraps are available daily in our cooler

7

FRIDAY

- Creation Station** Made to Order Pasta Bar, Garlic Breadstick, Side Salad
- Pizza Parlor** Cheese, Sausage or Pepperoni Pizza
- Diner Station** Chicken Tenders, Variety of Grab n Go Options
- Fresh Express** Fresh salads, sandwiches and wraps are available daily in our cooler

5

WEDNESDAY

- Creation Station** Asian Express with Chicken & Choice of Sauce
- Pizza Parlor** Cheese, Sausage or Pepperoni Pizza
- Diner Station** Chicken Nuggets, Variety of Grab n Go Options
- Fresh Express** Fresh salads, sandwiches and wraps are available daily in our cooler

EXTRA INFO

Harvest of the Month



Water or Milk is included with Lunch.
For questions or comments contact the
Food Service Office. 608-849-2185

Menus are subject to change without
notice. This institution is an equal
opportunity provider.

TAHER

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MONDAY

- Creation Station** Ultimate Nacho Bar
- Pizza Parlor** Cheese, Sausage or Pepperoni Pizza
- Diner Station** Deluxe Popcorn Chicken, Variety of Grab n Go Options
- Fresh Express** Fresh salads, sandwiches and wraps are available daily in our cooler

13

THURSDAY

- Creation Station** Build Your Own Burger Bar, Bag of Chips
- Pizza Parlor** Cheese, Sausage or Pepperoni Pizza
- Diner Station** Deluxe Popcorn Chicken, Variety of Grab n Go Options
- Fresh Express** Fresh salads, sandwiches and wraps are available daily in our cooler

11

TUESDAY

- Creation Station** Pasta Bar, Garlic Breadstick, Fresh Salad
- Pizza Parlor** Cheese, Sausage or Pepperoni Pizza
- Diner Station** Chicken Tenders, Variety of Grab n Go Options
- Fresh Express** Fresh salads, sandwiches and wraps are available daily in our cooler

14

FRIDAY

No School Today

12

WEDNESDAY

- Creation Station** Asian Express with Chicken & Choice of Sauce, Fried Rice, Vegetables
- Pizza Parlor** Cheese, Sausage or Pepperoni Pizza
- Diner Station** Chicken Nuggets, Variety of Grab n Go Options
- Fresh Express** Fresh salads, sandwiches and wraps are available daily in our cooler

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MONDAY

- Creation Station** Ultimate Nacho Bar
- Pizza Parlor** Cheese, Sausage or Pepperoni Pizza
- Diner Station** Deluxe Popcorn Chicken, Variety of Grab n Go Options
- Fresh Express** Fresh salads, sandwiches and wraps are available daily in our cooler

20

THURSDAY

- Creation Station** Warrior Bowl, Popcorn Chicken, Mashed, Corn, Gravy & Cheese
- Pizza Parlor** Cheese, Sausage or Pepperoni Pizza
- Diner Station** Deluxe Popcorn Chicken, Variety of Grab n Go Options
- Fresh Express** Fresh salads, sandwiches and wraps are available daily in our cooler

18

TUESDAY

- Creation Station** Made-to-Order Pasta Bar, Garlic Breadstick, Fresh Salad
- Pizza Parlor** Cheese, Sausage or Pepperoni Pizza
- Diner Station** Chicken Tenders, Variety of Grab n Go Options
- Fresh Express** Fresh salads, sandwiches and wraps are available daily in our cooler

21

FRIDAY

- Creation Station** Made-to-Order Pasta Bar, Garlic Breadstick, Fresh Salad
- Pizza Parlor** Cheese, Sausage or Pepperoni Pizza
- Diner Station** Chicken Tenders, Variety of Grab n Go Options
- Fresh Express** Fresh salads, sandwiches and wraps are available daily in our cooler

19

WEDNESDAY

- Creation Station** Asian Express with Chicken & Choice of Sauce, Vegetables
- Pizza Parlor** Cheese, Sausage or Pepperoni Pizza
- Diner Station** Chicken Nuggets, Variety of Grab n Go Options
- Fresh Express** Fresh salads, sandwiches and wraps are available daily in our cooler

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MONDAY

- Creation Station** Ultimate Nacho Bar
- Pizza Parlor** Cheese, Sausage or Pepperoni Pizza
- Diner Station** Deluxe Popcorn Chicken, Variety of Grab n Go Options
- Fresh Express** Fresh salads, sandwiches and wraps are available daily in our cooler

27

THURSDAY

Fall Break No School Today

25

TUESDAY

- Creation Station** Made-to-Order Pasta Bar, Garlic Breadstick, Garden Salad
- Pizza Parlor** Cheese, Sausage or Pepperoni Pizza
- Diner Station** Chicken Tenders, Variety of Grab n Go Options
- Fresh Express** Fresh salads, sandwiches and wraps are available daily in our cooler

28

FRIDAY

Fall Break No School Today

26

WEDNESDAY

- Creation Station** Asian Express with Chicken & Choice of Sauce, Fried Rice, Vegetables
- Pizza Parlor** Cheese, Sausage or Pepperoni Pizza
- Diner Station** Chicken Nuggets, Variety of Grab n Go Options
- Fresh Express** Fresh salads, sandwiches and wraps are available daily in our cooler

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MONDAY

Creation Station Ultimate Nacho Bar

Pizza Parlor Cheese, Sausage or Pepperoni
Pizza

Diner Station Chicken Nuggets, Variety of Grab n
Go Options

Fresh Express Fresh salads, sandwiches and wraps
are available daily in the cooler

THURSDAY

TUESDAY

FRIDAY

WEDNESDAY

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