

SEPTEMBER 2024 Mineral Point School Middle/High School

LUNCH



Milk Choice of 1% White or Chocolate Skim included with Lunch. For questions contact FSD Kimmy Mumm at foodservedirector@mp.k12.us or call 608-987-0734



September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



MONDAY

Labor Day

2

TUESDAY

Hot Dog Or Chicken Patty, Kettle Chips, Baked Beans, Fruit & Veggie Bar, 1%Milk

3

WEDNESDAY

BBQ Pork Sandwich or Corn Dog, French Fries, Fruit & Veggie Bar, 1%Milk

4

THURSDAY

Lasagna Rolls or Choice of Pizza, Green Beans, Fruit & Veggie Bar, 1%Milk

5

FRIDAY

Sloppy Joe or Pizza Dippers, Roasted Broccoli, Fruit & Veggie Bar, 1%Milk

6

French Toast & Sausage Patty, or Corn Dog, Hashbrowns, Fruit & Veggie Bar, 1%Milk

9

Soft Shell Taco or Choice of Pizza, Brown Rice, Refried Beans, Fruit & Veggie Bar, 1%Milk

10

Meatball Sub or Pizza Dippers, Green Beans, Fruit & Veggie Bar, 1%Milk

11

Scalloped Potatoes & Ham or Choice of Pizza, Corn, Fruit & Veggie Bar, 1%Milk

12

Hot Ham & Cheese or Brat, Roasted Broccoli, Fruit & Veggie Bar, 1%Milk

13

BBQ Chicken Sandwich or Chicken Patty, French Fries, Fruit & Veggie Bar, 1%Milk

16

Beef Nachos or Choice of Pizza, Black Beans, Fruit & Veggie Bar, 1%Milk

17

Pasta with Meat Sauce or Pizza Dippers, Roasted Broccoli, Fruit & Veggie Bar, 1%Milk

18

Baked Chicken, or Choice of Pizza, Corn, Fruit & Veggie Bar, 1%Milk

19

Orange Chicken or Chicken Tenders, Brown Rice, Fruit & Veggie Bar, 1%Milk

20

Pancakes with Scrambled Eggs or Corn Dog, Breakfast Potatoes, Fruit & Veggie Bar, 1%Milk

23

Beef Walking Taco or Choice of Pizza, Refried Beans, Fruit & Veggie Bar, 1%Milk

24

Goulash or Pizza Dippers, Corn, Fruit & Veggie Bar, 1%Milk

25

Toasted Cheese Sandwich & Tomato Soup or Choice of Pizza, Fruit & Veggie Bar, 1%Milk

26

BBQ Rib Sandwich or Spicy Popcorn Chicken, Roasted Broccoli, Fruit & Veggie Bar, 1%Milk

27

Hamburger or Chicken Patty, French Fries, Fruit & Veggie Bar, 1%Milk

30

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

