

Waunakee School District High School Lunch Menu

Fresh Veggie Choices and Seasonal Fruit and Offered
Daily

October
2022

FOOD4LIFE® APP • All the MENUS and more! • DOWNLOAD NOW

3 MONDAY

- Premium Grill** Tortellini Bar with Grilled Chicken, Alfredo or Pesto Alfredo, Garlic Breadstick
- Creation Station** Asian Express w/ Chicken and Choice of Sauce and Veggies
- Pizza Parlor** Cheese, BBQ Chicken or Pepperoni
- Diner Station** Chicken Tenders, Variety of Grab n Go Options
- Fresh Express** Fresh Salads, sandwiches and wraps are available daily

6 THURSDAY

- Premium Grill** Grilled Quesadilla with Chips and Salsa
- Creation Station** Made to Order Premium Sub Sandwich Bar, with 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

4 TUESDAY

- Premium Grill** Smashburger with Cheddar or Pepperjack Cheese
- 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

- Premium Grill** Smash Burgers with Cheddar or Pepper Jack, Chef Choice of Side
- Creation Station** Fritter Friday, Mashed Potato & Gravy W/ Biscuit
- 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

- Chef Brian Presents** Warrior Wings, Carrot & Celery Sticks
- 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 our cooler

EXTRA INFO

Harvest of the Month



*Chef Brian prepares a Chef Meal Weekly!
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 INC.



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10

MONDAY

- Premium Grill** Tortellini Bar with Grilled Chicken, Alfredo or Pesto Alfredo, Garlic Breadstick
- Creation Station** Asian Express w/ Chicken and Choice of Sauce and Veggies
- 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

- Premium Grill** Grilled Quesadilla with Chips and Salsa
- Creation Station** Made-to-Order Premium Sub Sandwich 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

- Premium Grill** Smash Burger with Cheddar or Pepper Jack, Chef's Choice of Side
- 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

14

FRIDAY

NO SCHOOL

12

WEDNESDAY

- Chef Brian Presents** Warrior Wings, Carrot & Celery Sticks
- 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 our cooler

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MONDAY

- Premium Grill** Tortellini Bar with Grilled Chicken, Alfredo or Pesto Alfredo, Garlic Breadstick
- Creation Station** Asian Express w/ Chicken and Choice of Sauce and Veggies
- 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

- Premium Grill** Grilled Quesadilla with Chips and Salsa
- Creation Station** Made-to-Order Premium Sub Sandwich Bar, Kettle 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

18

TUESDAY

- Premium Grill** Smash Burger with Cheddar or Pepper Jack
- 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

- Premium Grill** Smash Burger with Choice of Cheddar or Pepper Jack, Chef's Choice of Side
- Creation Station** Fritter Friday, Mashed Potato & Gravy W/ Biscuit
- 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

- Chef Brian Presents** Warrior Wings, Carrot & Celery Sticks
- 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 our cooler

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MONDAY

- Premium Grill** Tortellini Bar with Grilled Chicken, Alfredo or Pesto Alfredo, Garlic Breadstick
- Creation Station** Asian Express w/ Chicken and Choice of Sauce and Veggies
- 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

NO SCHOOL

25

TUESDAY

- Premium Grill** Smash Burger with Cheddar or Pepper Jack
- 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

NO SCHOOL

26

WEDNESDAY

- Chef Brian Presents** Cheese Tortellini with Freshly Grilled Chicken, Carrot & Celery Sticks
- Creation Station** Ultimate Nacho Bar, Fried Rice
- 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

- Premium Grill** Tortellini Bar with Grilled Chicken, Alfredo or Pesto Alfredo, Garlic Breadstick
- Creation Station** Asian Express w/ Chicken and Choice of Sauce and Veggies
- Pizza Parlor** Assorted Pizzas
- Diner Station** Chicken Tenders, Variety of Grab and Go Options
- Fresh Express** Fresh Salads, sandwiches and wraps are available daily in the cooler

THURSDAY

TUESDAY

FRIDAY

WEDNESDAY

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