

Let's Cook

WISCONSIN SCHOOL MEALS ROCK



Week 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>North African Gumbo Brown Rice Roasted Cauliflower Green Beans* Grapes Pears*</p>	<p>Crispy Fish Tacos Corn/Edamame Salad Sweet Potato Tots* Applesauce Banana*</p>	<p>Asian Noodle Chicken Salad Asian Vegetables Jicama Strips Mandarin Oranges Pomegranate Seeds* Oatmeal Cranberry Cookie</p>	<p>Beefy Nachos Black Beans Cherry Tomatoes Blackberries Fruit Cocktail*</p>	<p>Broccoli, Ham & Cheese Pita Brussel Sprouts Strawberry Cup Apricots*</p>

Key:

Bold items include a recipe
 *Applies 9-12 menus only

A variety of milk options
 are offered daily



WISCONSIN
 DEPARTMENT OF

**Public
 Instruction**