



WISCONSIN RAPIDS
SCHOOL NUTRITION
Real food for Rapids kids

APRIL

LUNCH MENU

ELEMENTARY

*DAILY ENTREE INCLUDES A CHOICE OF OPTION 1 OR OPTION 2

*ALL BREAD/GRAINS OFFERED ARE WHOLE GRAIN RICH



Asparagus is the Harvest of the Month!

Add asparagus to your favorite family meals:

Add bite-size pieces of asparagus to creamy soups

Dip asparagus spears in a healthy dip or dressing

Use leftover cooked asparagus in your scrambled eggs

Add asparagus to roasted potatoes, rice side dishes, or pasta salad



	T 1 TOASTED CHEESE SANDWICH OR TURKEY SANDWICH Tomato Soup Saltine Crackers	W 2 CRUNCHY FISH STICKS OR TURKEY IN GRAVY Homemade Roll Mashed Potatoes Steamed Broccoli	TH 3 HOT HAM & CHEESE ON PRETZEL BUN OR BEEF TERIYAKI BITES HOMEMADE ROLL Steamed Peas	F 4  PORTESI CHEESE FRIES OR BREAKFAST POWER PACK
M 7 CHEESE FILLED BREADSTICKS OR CHICKEN DRUMSTICK HOMEMADE ROLL Steamed Corn	T 8 TURKEY HOT DOG ON BUN OR SLOPPY JOE ON BUN Seasoned Potato Wedges	W 9 HOMEMADE CHILI CORNBREAD OR  YOGURT & STRING CHEESE WITH VEGGIE CRACKERS	TH 10 POPCORN CHICKEN BREADSTICK OR TURKEY SANDWICH Steamed Green Beans	F 11 CHEESEBURGER OR BREADED FISH PATTY ON BUN Vegetarian Baked Beans Pickles
M 14 CHICKEN NUGGETS HOMEMADE ROLL OR PIZZABLE Sweet Potato Fries	T 15 SOFT SHELL PORK TACO OR CHEESE QUESADILLA Shredded Lettuce Diced Tomatoes Salsa	W 16 TERIYAKI CHICKEN OR CRUNCHY FISH STICKS Brown Rice Steamed Carrots Chocolate Chip Cookie	TH 17 ITALIAN MEAT SAUCE SPAGHETTI BREADSTICK OR HAM & CHEESE WRAP Steamed Peas	F 18 NO SCHOOL PROFESSIONAL DEVELOPMENT DAY
M 21 CHEESE OR PEPPERONI PIZZA OR SUNBUTTER & JELLY SANDWICH STRING CHEESE Steamed Green Beans	T 22 HAMBURGER OR VEGGIE BURGER Curly Fries Pickles	W 23  CHEESE QUESADILLA OR CHICKEN FAJITA Shredded Lettuce Salsa	TH 24 MACARONI & CHEESE HOMEMADE ROLL OR TURKEY BURGER  Roasted Asparagus	F 25 HOMEMADE LASAGNA OR YOGURT & STRING CHEESE Homemade Roll
M 28 CHICKEN STRIP WRAP OR TURKEY SANDWICH	T 29 CARNITAS PORK NACHOS WITH QUESO OR HOMEMADE BEAN & CHEESE BURRITO Spanish Rice Salsa Lettuce / Tomatoes	W 30 CHEESE RAVIOLI BREADSTICK OR GRILLED CHICKEN PATTY ON BUN Steamed Broccoli		

MILK, FRESH FRUIT + VEGETABLES OFFERED DAILY

KNOW YOUR FOOD

 **VEGETARIAN**



PURCHASED LOCALLY



HARVEST OF THE MONTH

LUNCH PRICES

FREE: NO CHARGE

PAID: \$2.30

REDUCED: \$0.40

A LA CARTE MILK: \$0.50

ADULT: \$4.65 CHILD VISITOR: \$3.00



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REAL FOOD FOR RAPIDS KIDS

MENU ITEMS SUBJECT TO CHANGE
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