



# WISCONSIN RAPIDS SCHOOL NUTRITION

Real food for Rapids kids

# APRIL

## LUNCH MENU

### WRAMS



**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



ASPARAGUS



**T 1**  
**TOASTED CHEESE SANDWICH OR CHICKEN QUESADILLA**

Tomato Soup  
Saltine Crackers

**W 2**  
**TURKEY IN GRAVY HOMEMADE ROLL OR BBQ BEEF RIB PATTY**

Mashed Potatoes  
Steamed Broccoli

**TH 3**  
**GENERAL TSO CHICKEN CHICKEN OR CHICKEN POTSTICKERS**

Brown Rice  
Steamed Vegetables

**F 4**  
**TURKEY TACO FIESTA BOWL OR PORTESI CHEESE FRIES**

Steamed Corn

**M 7**  
**BBQ SHREDDED PORK ON BUN OR CHEESE OR PEPPERONI PIZZA**

Steamed Green Beans

**T 8**  
**PHILLY STEAK SANDWICH ON BUN OR HOMEMADE VEGETABLE QUESADILLA**

Roasted Vegetables

**W 9**  
**CHEESEBURGER OR CHICKEN TENDER SANDWICH WITH PEPPER JACK CHEESE**

Pickles  
Curly Fries

**TH 10**  
**POPCORN CHICKEN HOMEMADE ROLL OR BEEF GYRO W/CUCUMBERS TOMATOES & TZATZIKI SAUCE**

Mashed Potatoes / Gravy  
Steamed Corn

**F 11**  
**HOMEMADE CHILI CORNBREAD OR BREADED FISH PATTY ON BUN**

California Blend Vegetables

**M 14**  
**TERIYAKI CHICKEN OR BEEF & BROCCOLI**

Ramen Noodles  
Steamed Vegetables  
Homemade Roll

**T 15**  
**SOFT SHELL PORK TACO OR CHICKEN TACOS**

Shredded Lettuce  
Diced Tomatoes  
Salsa / Refried Beans

**W 16**  
**BEEF SHEPHERD'S PIE OR CHICKEN TENDERS**

Homemade Roll  
Steamed Green Beans

**TH 17**  
**MEATBALLS & MARINARA OR CHICKEN PARMESAN**

Spaghetti Noodles  
Breadstick  
Roasted Vegetables

**F 18**  
**NO SCHOOL PROFESSIONAL DEVELOPMENT DAY**

**M 21**  
**HONEY MUSTARD GLAZED CHICKEN SANDWICH OR CHEESE OR PEPPERONI PIZZA**

Vegetarian Baked Beans

**T 22**  
**CHEESEBURGER OR CHICKEN TIKKA MASALA NAAN BREAD**

Roasted Vegetables  
Chocolate Chip Cookie

**W 23**  
**CHEESE QUESADILLA OR CHICKEN FAJITA WITH PEPPERS & ONIONS**

Shredded Lettuce  
Tomatoes / Salsa  
Steamed Corn

**TH 24**  
**MACARONI & CHEESE OR BREADED HONEY SRIRACHA CHICKEN BITES**

Roasted Asparagus  
Homemade Roll

**F 25**  
**HOMEMADE LASAGNA BREADSTICK OR HAM & CHEESE ON PRETZEL BUN**

Roasted Vegetables

**M 28**  
**CHICKEN STRIP WRAP OR CRISPY FISH TACOS WITH LIME SRIRACHA SAUCE**

Sweet Potato Fries

**T 29**  
**CARNITAS PORK NACHOS WITH QUESO OR HOMEMADE BEAN & CHEESE BURRITO**

Fresh Salsa  
Refried Beans  
Spanish Rice

**W 30**  
**CHEESE RAVIOLI BREADSTICK OR BBQ SHREDDED PORK ON BUN**

Creamy Coleslaw



**MILK, FRESH FRUIT + VEGETABLES OFFERED DAILY**

#### KNOW YOUR FOOD

**VEGETARIAN**

**PURCHASED LOCALLY**

**HARVEST OF THE MONTH**

#### LUNCH PRICES

**PAID: \$2.50**

**A LA CARTE MILK: \$0.50**

**ADULT: \$4.65 CHILD VISITOR: \$3.00**

**FREE: NO CHARGE**

**REDUCED: \$0.40**



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**REAL FOOD FOR RAPIDS KIDS**

MENU ITEMS SUBJECT TO CHANGE

This institution is an equal opportunity provider.