

## **ELEMENTARY SCHOOL MENU**

## LUNCH



A full student lunch includes protein, grains, vegetables, fruit, and milk. Milk Choices include 1% white or fat free chocolate.

Vegetables and fruits are served daily with every meal.



Student Meals: \$2.10 Visitor / Staff Meals: \$4.00

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	DAY 3	DAY 4 2	DAY 5 3	DAY 6
	1. Crispy Chicken	1. Walking Taco w/ Bread	1. Spaghetti w/ Italian	1. Crispy Fish Sticks
*	Sandwich	2. Grilled Chicken	Meat Sauce & Texas Toast	w/ Sliced Bread
***	2. Cheese Quesadilla	Sandwich	2. Hot Ham & Cheese	2. Cheese Pizza
* * * *	French Fries	Steamed Corn	Sandwich	Mixed Vegetable Medley
April Showers Bring	Fresh Vegetables	Fresh Vegetables	Steamed Broccoli	Fresh Veggies, Fresh Fruit
•	Fresh Fruit	Fresh Fruit	Fresh Vegetables	** Frozen Sidekick **
May Flowers	Chilled Fruit	Chilled Fruit	Fresh Fruit, Chilled Fruit	FREEZY FRIDAY
DAY 1 7	DAY 2 8	DAY 3 9	DAY 4 10	DAY 5 11
1. Chicken Nuggets	1. Cheese Stuffed	1. Classic Cheeseburger	1. Chicken Drumstick w/	1. Toasted Cheese Sand.
w/ Sliced Bread	Breadsticks w/ Sauce	2. Cheese Quesadilla	Mashed Potatoes, Gravy & Roll	2. Cheese Pizza
2. PB&J Uncrustable	2. Grilled Chicken	French Fries	2. Turkey BLT Wrap	Tomato Soup
w/ String Cheese	Sandwich	Fresh Vegetables	Steamed Broccoli	Fresh Vegetables
Boston Baked Beans	Steamed Corn	Fresh Fruit	Fresh Vegetables	Fresh Fruit
Fresh Vegetables	Fresh Vegetables	Chilled Fruit	Fresh Fruit	Chilled Fruit
Fresh Fruit, Chilled Fruit	Fresh Fruit, Chilled Fruit		Chilled Fruit	* Cheddar Goldfish Crackers *
DAY 6 14	DAY 1 15	DAY 2 16	DAY 3 17	18
1. Macaroni & Cheese	1. Sweet & Sour Chicken	1. Soft Shell Tacos	1. Hot Dog w/	NO
w/ Sliced Bread	over Rice w/ Sliced Bread	2. Grilled Chicken	Nacho Chips & Cheese	SCHOOL
2. PB&J Uncrustable	2. Hot Ham & Cheese	Sandwich	2. BBQ Pork Sandwich	TODAY
w/ String Cheese	Steamed Broccoli	Steamed Corn	Boston Baked Beans	
Tater Tots	Fresh Vegetables	Fresh Vegetables	Fresh Vegetables	ENJOY YOUR LONG
Fresh Vegetables	Fresh Fruit, Chilled Fruit	Fresh Fruit	Fresh Fruit	
Fresh Fruit, Chilled Fruit	* Chocolate Chip Cookie *	Chilled Fruit	Chilled Fruit	WEEKEND!
DON'T FORGET	DON'T FORGET	DAY 4 23	DAY 5 24	DAY 6 25
		1. Portesi Cheese Fries	1. Tater Tot Casserole	1. Chicken Nuggets
		w/ Dipping Sauce	w/ Dinner Roll	2. Cheese Pizza
		2. Grilled Chicken Sand.	2. Hot Ham & Cheese	Savory Green Beans
		Steamed Corn	Sandwich	Fresh Vegetables
		Fresh Vegetables	Steamed Broccoli	Fresh Fruit
E-LEARNING DAY	NO SCHOOL TODAY!	Fresh Fruit, Chilled Fruit	Fresh Vegetables	Chilled Fruit
		* Cinnamon Goldfish Grahams *	Fresh Fruit, Chilled Fruit	
DAY 1 28	DAY 2 29	* Cinnamon Goldfish Grahams *  DAY 3  30	Fresh Fruit, Chilled Fruit	
	DAY 2 29 1. Cheesy Breadsticks		For the duration of the 20	
		DAY 3 30	For the duration of the 20 the Food Service Departs	ment will be offering free
1. Classic Cheeseburger	1. Cheesy Breadsticks	DAY 3 30 1. Ham & Cheese Hoagie	For the duration of the 20 the Food Service Departs complete school lunch	ment will be offering free
Classic Cheeseburger     PB&J Uncrustable	1. Cheesy Breadsticks w/ Dipping Sauce	DAY 3 30  1. Ham & Cheese Hoagie  2. Cheese Quesadilla	For the duration of the 20 the Food Service Departs complete school lunch qualifies for Free or Reduced	ment will be offering free les to any student who ced Price School Meals. A
Classic Cheeseburger     PB&J Uncrustable     w/ String Cheese	1. Cheesy Breadsticks w/ Dipping Sauce 2. Ham, Cheese & Lettuce Wrap Savory Green Beans	DAY 3  1. Ham & Cheese Hoagie  2. Cheese Quesadilla Chicken Noodle Soup	For the duration of the 20 the Food Service Departs complete school lunch qualifies for Free or Reduction Complete lunch consists of (food groups), one of w	ment will be offering free les to any student who ced Price School Meals. A of three food components which must be a 1/2 cup
1. Classic Cheeseburger 2. PB&J Uncrustable w/ String Cheese French Fries Fresh Vegetables Fresh Fruit	1. Cheesy Breadsticks w/ Dipping Sauce 2. Ham, Cheese & Lettuce Wrap Savory Green Beans Fresh Vegetables	DAY 3  1. Ham & Cheese Hoagie  2. Cheese Quesadilla Chicken Noodle Soup Mixed Vegetable Medley Fresh Vegetables Fresh Fruit	For the duration of the 20 the Food Service Departs complete school lunch qualifies for Free or Reduction complete lunch consists of the complete lunch con	ment will be offering free les to any student who ced Price School Meals. A of three food components which must be a 1/2 cup
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complete school meal, please note that their food

service account will be charged 35¢.

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# Food Service News





Select - Choose lettuce with fresh,

Store - Keep lettuce in a plastic bag

Prepare - Rinse carefully under cool

it to dry well.

with small holes. Store in

refrigerator for up to 1 week.

running water and allow

crisp leaves.

### Lettuce is The Harvest of the Month!

### Add lettuce to your favorite family meals:

- Serve tuna, chicken, or egg salad on a bed of lettuce.
- Use lettuce instead of a bun for a burger or sandwich.
- Ran out of tortillas? Use a large leaf as a taco shell for leftover fillings.

Make meals and memories together. It's a lesson kids will use for life.

### Did you Know?

The four main types of lettuce include butterhead (Boston, bibb), crisphead (iceberg), looseleaf (red leaf, green leaf) and romaine. Lettuce leaves that are darker in color contain more vitamins and minerals than the paler color varieties.



Nutritious, Delicious, Wisconsin! #WIHarvestofthe Month



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Butterhead

## Why is the lettuce always on time?



She doesn't like to LEAF anvone waiting!

### facts

- Spanish translation: La lechuga Hmong translation: Zaub xam lav
- The four main types of lettuce include butterhead (Boston, bibb), crisphead (iceberg), looseleaf (red leaf, green leaf) and romaine. Lettuce leaves that are darker in color contain more vitamins and minerals than the paler color varieties.
- · Lettuce is different from most vegetables because you cannot preserve it - it can't be frozen, dried, canned or pickled.
- Ancient Egyptians grew lettuce along the Nile River valley over 6,000 years ago. Ancient Egyptian artwork, especially tomb paintings, depicts different varieties of lettuce.
- · Lettuce is a member of the sunflower family.

# **WHAT'S HAPPENING?**

- Apr National Garlic Month
- Apr National Pecan Month
- Apr National Soft Pretzel Month
- Apr 2 National PB&J Day
- Apr 3 National Burrito Day
- Apr 4 International Carrot Day
- Apr 5 National Deep Dish Pizza Day
- Apr 6 National Tomato Day
- **Apr 8** National Empanada Day
- Apr 12 National Grilled Cheese Day



- Apr 19 National Garlic Day
- Apr 21 National Chickpea Day
- Apr 25 National Zucchini Bread Day
- Apr 26 National Pretzel Day
- **Apr 30** National Raisin Day





### nutrition & seasonality

- Key nutrients:
- Vitamin K Needed for blood clotting, preventing excessive bleeding.
- Vitamin A Keeps skin and bones healthy, resists and fights infection, maintains good eyesight.
- Folate Helps prevent birth defects, is needed to make DNA, and helps your cells divide, including red blood cells.
- Fresh lettuce is available in Wisconsin from mid-June through September.

### planting

Lettuce prefers cool weather and can be planted in the early spring or late summer. In the summer lettuce may be bitter and the seed stalk grows quickly Plant seeds 14-1/2 inches deep and thin seedlings to 4-6 inches apart. Lettuce has shallow roots and prefers frequent

### harvesting

Lettuce can be harvested either by removing the whole plant by cutting it off at the soil level or selecting older leaves and allowing remaining leaves to keep growing. Leaf lettuce can be cut whenever it is large enough to use. Start by cutting every other plant to allow the remaining plants more room to grow.

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