

LUNCH TIME!

PODS & CFC LUNCH MENU

MARCH 31 – APRIL 4

A complete student lunch must include at least THREE of the five components being offered (protein, grain, vegetables, fruit and milk). One component **MUST** be a full serving of fruit or vegetables. Milk choices include 1% white and fat-free chocolate.



Staff/Visitor Lunch: **\$4.00**

	Entrées	Pizza	Deli	Sides	Salad
Monday March 31	Classic Cheeseburger	Pepperoni Pizza	Ham, Cheese & Lettuce Wrap	Baked Beans	Pea Salad
	Hot Ham & Cheese Sandwich	Cheese Pizza	Peanut Butter & Jelly Uncrustable Sandwich Fruit & Yogurt Parfait	Fresh Vegetables Fresh Fruit Chilled Fruit	Hearty Tossed Salad w/ Shredded Cheese
Tuesday April 1	Walking Taco	Italian Sausage Pizza	Peanut Butter & Jelly Uncrustable Sandwich	Steamed Corn Fresh Vegetables	Hearty Tossed Salad w/ Shredded Cheese
	Grilled Chicken Sandwich	Cheese Pizza	Fruit & Yogurt Parfait	Fresh Fruit Chilled Fruit	
Wednesday April 2	Classic Corn Dog	The Works Pizza	Italian Chicken & Cheese Wrap	French Fries Fresh Vegetables	Vegetable Pasta Salad
	Hot Ham & Cheese Sandwich	Cheese Pizza	PB&J Uncrustable Sandwich Fruit & Yogurt Parfait	Fresh Fruit Chilled Fruit	Hearty Tossed Salad
Thursday April 3	Chicken & Gravy over Mashed Potatoes w/ Roll	Cheeseburger Pizza	Peanut Butter & Jelly Uncrustable Sandwich	Steamed Broccoli Fresh Vegetables	Hearty Tossed Salad w/ Shredded Cheese
	BBQ Riblet Sandwich	Cheese Pizza	Fruit & Yogurt Parfait	Fresh Fruit Chilled Fruit	
Friday April 4	Portesi Cheese Fries w/ Dipping Sauce	Pepperoni Pizza	Pizza Roll-up	Savory Green Beans	Hearty Tossed Salad w/ Shredded Cheese
	Toasted Cheese Sandwich	Cheese Pizza	Peanut Butter & Jelly Uncrustable Sandwich Fruit & Yogurt Parfait	Fresh Vegetables Fresh Fruit Chilled Fruit	

This institution is an equal opportunity provider.

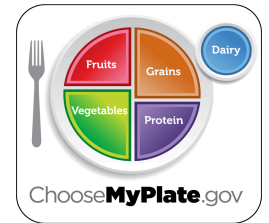
Menu is subject to change. Check Nutrislice for the most up-to-date menu information.



**You've got to
NOURISH to
FLOURISH!**

For online personal wellness resources for you and your family, visit

ChooseMyPlate.gov



For the duration of the 2024-2025 academic year, the Food Service Department will provide a free complete lunch to any student who qualifies for **FREE OR REDUCED PRICED SCHOOL MEALS.**

**APRIL IS NATIONAL
GARLIC MONTH**



TIME FOR LUNCH

PODS & CFC LUNCH MENU

April 7 - April 11



A complete student lunch must include at least THREE of the five components being offered (protein, grain, vegetables, fruit and milk). One component MUST be a full serving of fruit or vegetables. Milk choices include 1% white and fat-free chocolate.

Staff/Visitor Lunch: **\$4.00**



	ENTRÉES	PIZZA	DELI	SIDES	SALAD
MONDAY April 7	Chicken Nuggets	Pepperoni Pizza	Ham, Cheese & Lettuce Wrap	Baked Beans	Pea Salad
	BBQ Pork Sandwich	Cheese Pizza	Peanut Butter & Jelly Uncrustable Sandwich Fruit & Yogurt Parfait	Fresh Vegetables Fresh Fruit Chilled Fruit	Hearty Tossed Salad w/ Shredded Cheese
TUESDAY April 8	Meatball Sub Sandwich	Italian Sausage Pizza	Peanut Butter & Jelly Uncrustable Sandwich	French Fries Fresh Vegetables	Hearty Tossed Salad w/ Shredded Cheese
	Sloppy Joe Sandwich	Cheese Pizza	Fruit & Yogurt Parfait	Fresh Fruit Chilled Fruit	
WEDNESDAY April 9	Chicken Drumstick w/ Mashed Potatoes, Gravy & Dinner Roll	The Works Pizza	Italian Chicken & Cheese Wrap	Steamed Corn Fresh Vegetables	Corn & Pepper Salad
	Hot Ham & Cheese Sandwich	Cheese Pizza	PB&J Uncrustable Sandwich Fruit & Yogurt Parfait	Fresh Fruit Chilled Fruit	Hearty Tossed Salad
THURSDAY April 10	Pepperoni Pasta Bake w/ Texas Toast	Cheeseburger Pizza	Peanut Butter & Jelly Uncrustable Sandwich	Steamed Broccoli Fresh Vegetables	Hearty Tossed Salad w/ Shredded Cheese
	Grilled Chicken Sandwich	Cheese Pizza	Fruit & Yogurt Parfait	Fresh Fruit Chilled Fruit	
FRIDAY April 11	Cheese Stuffed Breadsticks w/ Dipping Sauce	Chicken Bacon Ranch Pizza	Peanut Butter & Jelly Uncrustable Sandwich	Mixed Veggie Medley Fresh Vegetables	Hearty Tossed Salad w/ Shredded Cheese
	Toasted Cheese Sandwich	Cheese Pizza	Fruit & Yogurt Parfait	Fresh Fruit Chilled Fruit	

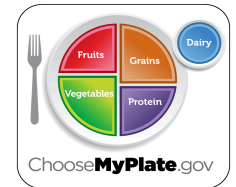
This institution is an equal opportunity provider.

Menu is subject to change. Check Nutrislice for the most up-to-date menu information.



For online personal wellness resources for you and your family, visit

ChooseMyPlate.gov



For the duration of the 2024-2025 academic year, the Food Service Department will provide a free complete lunch to any student who qualifies for FREE OR REDUCED PRICED SCHOOL MEALS.

April 12 is National Grilled Cheese Sandwich Day





PODS & CFC LUNCH MENU

APRIL 14 - APRIL 18



A complete student lunch must include at least THREE of the five components being offered (protein, grain, vegetables, fruit and milk). One component MUST be a full serving of fruit or vegetables. Milk choices include 1% white and fat-free chocolate.

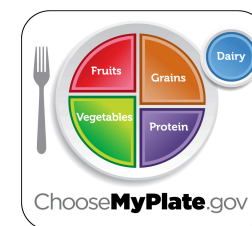
Staff/Visitor Lunch: \$4.00

Get a FREE chocolate chip cookie when you take a complete school lunch on Tuesday, April 15!



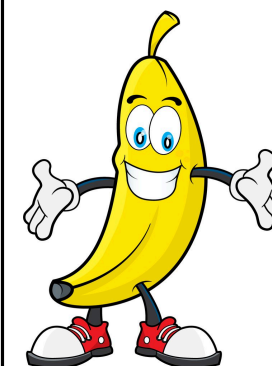
For online personal wellness resources for you and your family, visit

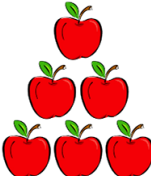

ChooseMyPlate.gov



For the duration of the 2024-2025 academic year, the Food Service Department will provide a free complete lunch to any student who qualifies for FREE OR REDUCED PRICED SCHOOL MEALS.

April 16th is National Banana Day



Entrées	Pizza	Deli	Sides	Salad
Crispy Chicken Sandwich	Pepperoni Pizza	Ham, Cheese & Lettuce Wrap	French Fries	Pea Salad
Spicy Chicken and Cheese Sandwich	Cheese Pizza	Peanut Butter & Jelly Uncrustable Sandwich	Fresh Vegetables	Hearty Tossed Salad w/ Shredded Cheese
		Fruit & Yogurt Parfait	Fresh Fruit	
			Chilled Fruit	
Walking Taco	The Works Pizza	Peanut Butter & Jelly Uncrustable Sandwich	Mixed Veggie Medley	Hearty Tossed Salad w/ Shredded Cheese
			Fresh Vegetables	
Grilled Chicken Sandwich	Cheese Pizza	Fruit & Yogurt Parfait	Fresh Fruit	
			Chilled Fruit	
Classic Cheeseburger	Meat Lover's Pizza	Italian Chicken & Cheese Wrap	Steamed Corn	Vegetable Pasta Salad
			Fresh Vegetables	
Cheese Enchiladas	Cheese Pizza	PB&J Uncrustable Sandwich	Fresh Fruit	Hearty Tossed Salad
		Fruit & Yogurt Parfait	Chilled Fruit	
Chicken & Gravy over Mashed Potatoes w/ Roll	Pepperoni Pizza	Peanut Butter & Jelly Uncrustable Sandwich	Steamed Broccoli	Hearty Tossed Salad w/ Shredded Cheese
			Fresh Vegetables	
Hot Ham & Cheese Sandwich	Cheese Pizza	Fruit & Yogurt Parfait	Fresh Fruit	
			Chilled Fruit	
NO SCHOOL TODAY		Why did Easter bunny wear a hat? ----- He was having a bad HARE day!		
				



This institution is an equal opportunity provider.

Menu is subject to change. Check Nutrislice for the most up-to-date menu information.

LUNCH

PODS & CFC LUNCH MENU

APRIL 21 - APRIL 25



A complete student lunch must include at least THREE of the five components being offered (protein, grain, vegetables, fruit and milk). One component **MUST** be a full serving of fruit or vegetables. Milk choices include 1% white and fat-free chocolate.



Staff/Visitor Lunch: **\$4.00**



ENTRÉES

PIZZA

DELI

SIDES

SALADS

MONDAY

April 21

No School Today



APRIL IS NATIONAL PECAN MONTH

- ☒ Pecan trees can live for up to 300 years.
- ☒ Pecans are a good source of fiber, healthy fats and antioxidants.
- ☒ The U.S. produces about 80% of the world's pecan crop.

TUESDAY

April 22

Classic Corn Dog	Pepperoni Pizza	Peanut Butter & Jelly Uncrustable Sandwich	French Fries	Hearty Tossed Salad w/ Shredded Cheese
Toasted Cheese Sandwich	Cheese Pizza	Fruit & Yogurt Parfait	Fresh Vegetables	
			Fresh Fruit	
			Chilled Fruit	

WEDNESDAY

April 23

Spaghetti w/ Italian Meat Sauce & Texas Toast	Italian Sausage Pizza	Ham, Cheese & Lettuce Wrap	Steamed Broccoli	Hearty Tossed Salad w/ Shredded Cheese
		Peanut Butter & Jelly Uncrustable Sandwich	Fresh Vegetables	
BBQ Pork Sandwich	Cheese Pizza	Fruit & Yogurt Parfait	Fresh Fruit	
			Chilled Fruit	

THURSDAY

April 24

Chicken Drumstick w/ Mashed Potatoes, Gravy & Dinner Roll	The Works Pizza	Peanut Butter & Jelly Uncrustable Sandwich	Steamed Corn	Hearty Tossed Salad w/ Shredded Cheese
Sloppy Joe Sandwich	Cheese Pizza	Fruit & Yogurt Parfait	Fresh Vegetables	
			Fresh Fruit	
			Chilled Fruit	

FRIDAY

April 25

Cheese Stuffed Breadsticks w/ Dipping Sauce	Cheeseburger Pizza	Pizza Roll Up	Steamed Green Beans	Hearty Tossed Salad w/ Shredded Cheese
Hot Ham & Cheese Sandwich	Cheese Pizza	Peanut Butter & Jelly Uncrustable Sandwich	Fresh Vegetables	
		Fruit & Yogurt Parfait	Fresh Fruit	
			Chilled Fruit	

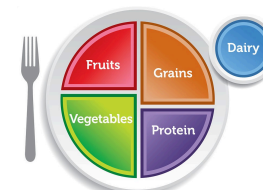
This institution is an equal opportunity provider.

Menu is subject to change. Check Nutrislice for the most up-to-date menu information.



For online personal wellness resources for you and your family, visit

ChooseMyPlate.gov



Choose**MyPlate**.gov

For the duration of the 2024-2025 academic year, the Food Service Department will provide a free complete lunch to any student who qualifies for FREE OR REDUCED PRICED SCHOOL MEALS.

April 21st is National Chickpea Day



Chickpeas, also known as garbanzo beans, are a rich source of vitamins, minerals, fiber and protein. Studies show that eating chickpeas offers a variety of health benefits. (healthline.com)



PODS & CFC LUNCH MENU

April 28 - April 30



A complete student lunch must include at least THREE of the five components being offered (protein, grain, vegetables, fruit and milk). One component MUST be a full serving of fruit or vegetables. Milk choices include 1% white and fat-free chocolate.

Staff/Visitor Lunch: \$4.00

	ENTRÉES	PIZZA	DELI	SIDES	SALAD
MONDAY April 28	Chicken Nuggets	Pepperoni Pizza	Ham, Cheese & Lettuce Wrap	Baked Beans	Pea Salad
			Peanut Butter & Jelly Uncrustable Sandwich	Fresh Vegetables	Hearty Tossed Salad w/ Shredded Cheese
	Sloppy Joe Sandwich	Cheese Pizza	Fruit & Yogurt Parfait	Fresh Fruit	
				Chilled Fruit	
TUESDAY April 29	Walking Taco	Italian Sausage Pizza	Peanut Butter & Jelly Uncrustable Sandwich	Steamed Corn	Hearty Tossed Salad w/ Shredded Cheese
				Fresh Vegetables	
	BBQ Riblet Sandwich	Cheese Pizza	Fruit & Yogurt Parfait	Fresh Fruit	
				Chilled Fruit	
WEDNESDAY April 30	Tater Tot Casserole w/ Texas Toast	The Works Pizza	Chicken Ranch Wrap	Mixed Veggie Medley	Veggetable Pasta Salad
			Peanut Butter & Jelly Uncrustable Sandwich	Fresh Vegetables	Hearty Tossed Salad
	Grilled Chicken Sandwich	Cheese Pizza	Fruit & Yogurt Parfait	Fresh Fruit	
				Chilled Fruit	

They feed you.
Show 'em some love.

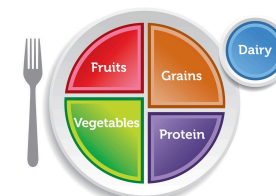
**SCHOOL LUNCH
HERO DAY**

Friday, May 2nd



For online personal wellness resources for you and your family, visit

ChooseMyPlate.gov



Choose**MyPlate**.gov

For the duration of the 2024-2025 academic year, the Food Service Department will provide a free complete lunch to any student who qualifies for FREE OR REDUCED PRICED SCHOOL MEALS.

**LET US
EAT LETTUCE**



Lettuce is The Harvest of the Month!

Select – Choose lettuce with fresh, crisp leaves.

Store – Keep lettuce in a plastic bag with small holes. Store in refrigerator for up to 1 week.

Prepare – Rinse carefully under cool running water and allow it to dry well.

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!
#WISharvestoftheMonth

This institution is an equal opportunity provider.

Menu is subject to change. Check Nutrislice for the most up-to-date menu information.