



Slinger Middle School

February 2018

"A Tradition in Excellence"

Food & Nutrition

207 Polk Street
Slinger WI 53086



Food Service Director
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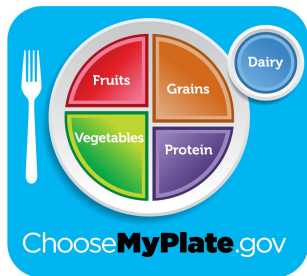
Food Service Nutrition Specialist
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- Full lunch with one half pint of milk = \$2.75
- A la Carte sandwiches and entrees = \$2.10 - \$2.25
- 2nd Milk or Milk only = \$.35
- Fresh Salad Bar offered daily
- Varieties of Fruits and Vegetables offered with all meals

Available Daily -

- **Grab and Go Meal Deals - found in Cafeteria**
Turkey and Cheese Sub
PBJ Grab Bag
Yogurt Cup & Fruit Bread
Chips and Nacho Sauce

Tasty Tip: Try eating a variety of foods from the 5 food groups every day - fruit, vegetables, bread and cereals (grains), meat or meat alternatives (protein) and dairy foods. This will give you all the energy, vitamins and minerals your body needs.



1	<p>Cafe'</p> <p>Noodle Bowl w/ Orange Chicken or Teriyaki Chicken Roasted Asian Veggies Tropical Fruit Cup Fortune Cookie</p> <p>Owl's Nest</p> <p>Hamburger Sliders Seasoned Tator Tots Baked Beans Banana</p> <p>Nook</p> <p>Fiestada Pizza Applesauce Cup/Juice Mini Carrots</p>	2	<p>Cafe'</p> <p>Garlic Cheese Bread Crispy Sweet Potato Fries Fresh Salad Bar Sliced Pears</p> <p>Owl's Nest</p> <p>Club Sub on a Baked Roll Bag of Chips Fresh Veggies & Fruit Cup</p> <p>Nook</p> <p>Cheeseburger Big Daddy Pizza Applesauce Cup/Juice Mini Carrots</p>
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5	<p>Cafe'</p> <p>Wild Mike's Cheese or Pepperoni Pizza Slice Fresh Salad Bar Choice of Fresh Fruit</p> <p>Owl's Nest</p> <p>Breaded or Spicy Chicken Sandwich Bag of Doritos Seasoned Corn Pineapple Chunks</p> <p>Nook</p> <p>Pepperoni Calzone Applesauce cup/Juice Mini Carrots</p>	6	<p>Cafe'</p> <p>BYO Taco w/ soft shells Seasoned Rice Fiesta Taco Black Beans Fresh Apple Slices</p> <p>Owl's Nest</p> <p>Hamburger or Cheeseburger Curly Fries Fruit Cup</p> <p>Nook</p> <p>Big Daddy Primo Pizza Applesauce Cup/Juice Mini Carrots</p>	7	<p>Cafe'</p> <p>Pasta with Chicken Alfredo or Meat Sauce Bosco Cheese Stick Sliced Peaches Italian Seasoned Broccoli</p> <p>Owl's Nest</p> <p>Breaded or Spicy Chicken Sandwich Bag of Chips Frozen Fruit Cup</p> <p>Nook</p> <p>Rip it, Dip it Appetizer Plate Applesauce Cup/Juice Mini Carrots</p>	8	<p>Cafe'</p> <p>Popcorn Chicken Ranch Mashed Taters/Gravy Steamed Corn Fruit Cup</p> <p>Owl's Nest</p> <p>Cowboy Burger Onion Rings Baked Beans Fresh Apple</p> <p>Nook</p> <p>Personal Pan Pizza Applesauce Cup/Juice Mini Carrots</p>	9	<p>Cafe'</p> <p>French Toast w/syrup Cheese Egg Omelet Sausage Patty Strawberry & Cream Cup</p> <p>Owl's Nest</p> <p>Toasted Ham & Cheese on a Ciabatta Bun Tomato soup Minion potatoes 100% Juice Cup Fresh Baked Cookie</p> <p>Nook</p> <p>Chicago Style Pizza Applesauce Cup/Juice Mini Carrots</p>
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<p style="text-align: right;">12</p> <p>Cafe' Sloppy Joe w/ Bun or Mini Corn Dogs Baked Beans Sweet Potato Fries Frozen Fruit Sorbet Cup</p> <p>Owl's Nest Breaded or Spicy Chicken Sandwich Bag of Chips Pears/Juice Cup</p> <p>Nook Stuffed Crust Pepperoni Pizza Applesauce Cup/Juice Mini Carrots</p>	<p style="text-align: right;">13</p> <p>Cafe' Chicken Nuggets Mashed Potatoes & Gravy Roasted California Blend Vegetables Sliced Peaches</p> <p>Owl's Nest Hamburger or Cheeseburger French Fries Fresh Fruit</p> <p>Nook Big Daddy Primo Pizza Applesauce Cup/Juice Mini Carrots</p>	<p style="text-align: center;">VALENTINES DAY 14</p> <p>Cafe' Pasta Bar with Meat Sauce or Red Sauce Italian Green Beans Bosco Stick Sliced Pears</p> <p>Owl's Nest Chicken Hoagie on a Homemade Sub Roll Bag of Chips Fresh Veggies & Fruit</p> <p>Nook Garlic Cheese Bread Applesauce Cup/Juice Mini Carrots</p>	<p style="text-align: right;">15</p> <p>Cafe' Chipotle Mayo or Cranberry Orange Mayo Crispy Chicken on a Bun Spudster Potatoes Steamed Broccoli Fresh Apple Slices</p> <p>Owl's Nest Hamburger sliders Zesty Tator Tots Baby Carrots Banana/Juice Cup</p> <p>Nook Fiestada Pizza Applesauce Cup/Juice Mini Carrots</p>	<p style="text-align: center;">NO SCHOOL</p> <p style="text-align: center;">Fun Fact! Broccoli contains twice the vitamin C of an orange and almost as much calcium as whole milk</p>
<p style="text-align: center;">19</p> <p style="text-align: center;">NO SCHOOL</p> 	<p style="text-align: right;">20</p> <p>Cafe' Cheese Quesadilla or Chicken Fajita w/Tortilla Soft Shell Mexican Rice Black Beans and Salsa Pineapple</p> <p>Owl's Nest Hamburger or Cheeseburger French Fries Pear Slices Pudding Cup</p> <p>Nook Big Daddy Primo Pizza Applesauce Cup/Juice Mini Carrots</p>	<p style="text-align: right;">21</p> <p>Cafe' Toasted Meatball or Toasted Ham/Turkey & Cheese Sub Tortilla Chips & Cheese Fresh Veggies & Dip Banana</p> <p>Owl's Nest Breaded or Spicy Chicken Sandwich Bag of Chips Fresh Veggies Choice of Fruit</p> <p>Nook Double Stuffed Pizza Applesauce Cup/Juice Mini Carrots</p>	<p style="text-align: right;">22</p> <p>Cafe' Boneless Chicken Wings Cheesy Garlic Mashed Potatoes Steamed Broccoli Sliced Peaches</p> <p>Owl's Nest Supreme Beef Burger French Fries Frozen Fruit Slushy Cup Banana</p> <p>Nook Personal Pan Pizza Applesauce Cup/Juice Mini Carrots</p>	<p style="text-align: right;">23</p> <p>Cafe' Pancakes & Sausage Crispy Tator Tots Juice Cup Berries & Cream</p> <p>Owl's Nest Baked Southwest Chicken Wrap Pineapple Corn Bag of Tostito Scoops</p> <p>Nook Chicago Style Pizza Applesauce Cup/Juice Mini Carrots</p>
<p style="text-align: right;">26</p> <p>Cafe' Mini Corn Dogs or Mr Ribb on a Bun Baked Beans French Fries Sliced Pears/Juice Cup</p> <p>Owl's Nest Breaded or Spicy Chicken Sandwich Bag of Chips Blue Raspberry Sorbet Fresh Fruit</p> <p>Nook Stuffed Crust Pepperoni Pizza Applesauce Cup/Juice Mini Carrots</p>	<p style="text-align: right;">27</p> <p>Cafe' Chicken Nuggets Cheezy Garlic Mashed Potatoes Breadstick Corn Niblets Pineapple Chunks</p> <p>Owl's Nest Hamburger or Cheeseburger French Fries Baked Beans Fresh Fruit</p> <p>Nook Big Daddy Primo Pizza Applesauce Cup/Juice Mini Carrots</p>	<p style="text-align: right;">28</p> <p>Cafe' Ravioli w/ Bosco Cheese Stick Garden Peas Sliced Peaches Ice Cream Cup</p> <p>Owl's Nest Breaded or Spicy Chicken Patty Bag of Chips Banana</p> <p>Nook Baked Mozzarella Sticks w/ Marinara Applesauce Cup/Juice Mini Carrots</p>	 <p>PLEASE NOTE ... Our food service program is based on a debit system. Accounts must have a positive balance for students to make food purchases. If an account falls into the negative, purchases may not be allowed until a deposit is made. Please visit our website for more information www.slinger.k12.wi.us/family/family_lunchmenus.cfm</p>	

*Menu Subject to Change