



# Slinger Middle School

## March 2018

"A Tradition in Excellence"

**Food & Nutrition**  
207 Polk Street  
Slinger WI 53086



Food Service Director  
Cindy Fassbender  
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Food Service Administrative Assistant  
Jane Bayer  
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Food Service Nutrition Specialist  
Carrie Kuehl, RDN  
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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

**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](http://www.slinger.k12.wi.us/family/family_lunchmenus.cfm)



**Smart Snacking:**  
Make your own trail mix by combining whole grain cereals, nuts or seeds and dried fruit. (Hint: portion into ¼ cup servings)



**Cafe'**

Popcorn Chicken with Choice of Sauce  
Asian Veggies  
Rice  
Egg Roll  
Tropical Fruit Cup

**Owl's Nest**

Hamburger Sliders  
Potato Gems  
Fresh Veggies  
Fresh Fruit

**The Nook**

Fiestada Pizza  
Applesauce Cup/Juice  
Mini Carrots

1

**Cafe'**

Garlic Cheese Bread  
Sweet Potato Fries  
Sliced Peaches

**Owl's Nest**

Banh Mi Sandwich  
Cup of Mac n Cheese  
Tropical Fruit Cup  
Mini Carrots

**The Nook**

Bean Burrito with Rice  
Applesauce Cup/Juice  
Mini Carrots

2

**Cafe'** 5  
Wild Mike's Cheese Or Pepperoni Pizza Slice  
Salad Bar  
Choice of Fresh Fruit

**Owl's Nest**  
Breaded or Spicy Chicken Sandwich  
Bag of Doritos  
Corn  
Pineapple

**Nook**  
Pepperoni Calzone  
Applesauce Cup/Juice  
Mini Carrots

**Cafe'** 6  
Nacho Grande with Taco Meat or Chicken Fajita  
Mexican Rice  
Black Beans  
Pineapple/Orange cup

**Owl's Nest**  
Hamburger or Cheeseburger  
French Fries  
Baked Beans

**Nook**  
Big Daddy Primo Pizza  
Applesauce Cup/Juice  
Mini Carrots

**Cafe'** 7  
Pasta & Meat Sauce Or Chicken Alfredo  
Garlic Toast  
California Medley  
Veggies  
Sliced Peaches

**Owl's Nest**  
Chicken Slider Bar  
Bag of Chips  
Frozen Whole Fruit Cup

**Nook**  
Pizza Pocket  
Applesauce Cup/Juice  
Mini Carrots

**Cafe'** 8  
Mashed Potato Bar with Chicken Smackers  
Corn Niblets  
Fruit Cocktail/Juice Cup

**Owl's Nest**  
Patty Melt  
Curly Fries  
Banana

**Nook**  
Personal Pan Pizza  
Applesauce Cup/Juice  
Mini Carrots

**Cafe'** 9  
Cheezy Egg Omelet  
Warm Mini Cinni Pack  
Sausage  
Tator Tots  
Mixed Fruit Cup

**Owl's Nest**  
Caprese Turkey  
Ciabatta  
Cup of Mac & Cheese  
Salad Bar & Fruit

**Nook**  
Chicago Style Pizza  
Applesauce Cup/Juice  
Mini Carrots

<p style="text-align: right;">12</p> <p><b>Cafe' Line</b> Chicago Style Hot Dog Or Shredded Pork on Bun Baked Beans French Fries Fresh Apple Slices Ice Cream Cup</p> <p><b>Owl's Nest</b> BBQ Chicken Sandwich Spiral Fries Blue Raspberry Sorbet</p> <p><b>The Nook</b> Pepperoni Stuffed Crust Pizza Applesauce Cup/Juice Mini Carrots</p>	<p style="text-align: right;">13</p> <p><b>Cafe' Line</b> Baked Or Spicy Chicken Tenders Mashed Potatoes Corn Niblets Carrots Pineapple Tidbits</p> <p><b>Owl's Nest</b> Hamburger or Cheeseburger French Fries Orange Wedges</p> <p><b>The Nook</b> Big Daddy Primo Pizza Applesauce Cup/Juice Mini Carrots</p>	<p style="text-align: right;">14</p> <p><b>Cafe' Line</b> BYO Sub Bar with Turkey and Ham Tortilla Chips &amp; Nacho Cheese Sauce Orange Slices/Craisins</p> <p><b>Owl's Nest</b> Breaded or Spicy Chicken Sandwich Bag of Chips Salad &amp; Apple</p> <p><b>The Nook</b> Baked Mozzarella Sticks with Marinara Sauce Applesauce Cup/Juice Mini Carrots</p>	<p style="text-align: right;">15</p> <p><b>Cafe'</b> Noodle Bowl w/ Orange Chicken Or Teriyaki Chicken Roasted Asian Veggies Tropical Fruit Cup Fortune Cookie</p> <p><b>Owl's Nest</b> Hamburger Sliders Seasoned Tator Tots Baked Beans Banana</p> <p><b>Nook</b> Fiestada Pizza Applesauce Cup/Juice Mini Carrots</p>	<p style="text-align: right;">16</p> <p><b>Cafe'</b> Garlic Cheese Bread Crispy Sweet Potato Fries Fresh Salad Bar Sliced Pears</p> <p><b>Owl's Nest</b> Club Sub on a Baked Roll Cup of Tomato Soup Bag of Chips Fresh Veggies &amp; Fruit Cup</p> <p><b>Nook</b> Double Stuffed Cheese Pizza Applesauce Cup/Juice Mini Carrots</p>
<p style="text-align: right;">19</p> <p><b>Cafe'</b> Wild Mike's Cheese Or Pepperoni Pizza Slice Fresh Salad Bar Choice of Fresh Fruit</p> <p><b>Owl's Nest</b> Breaded or Spicy Chicken Sandwich Bag of Doritos Seasoned Corn Pineapple Chunks</p> <p><b>Nook</b> Pepperoni Calzone Applesauce Cup/Juice Mini Carrots</p>	<p style="text-align: right;">20</p> <p><b>Cafe'</b> BYO Taco w/ Soft Shells Seasoned Rice Fiesta Black Beans Fresh Apple Slices Apple Strudel Bites</p> <p><b>Owl's Nest</b> Hamburger or Cheeseburger Curly Fries Fruit Cup</p> <p><b>Nook</b> Big Daddy Primo Pizza Applesauce Cup/Juice Mini Carrots</p>	<p style="text-align: right;">21</p> <p><b>Cafe'</b> Pasta with Chicken Alfredo Or Meat Sauce Italian Seasoned Broccoli Bosco Cheese Stick Sliced Peaches</p> <p><b>Owl's Nest</b> Breaded or Spicy Chicken Sandwich Bag of Chips Frozen Fruit Cup</p> <p><b>Nook</b> Rip it, Dip it Appetizer Plate Applesauce Cup/Juice Mini Carrots</p>	<p style="text-align: right;">22</p> <p><b>Cafe'</b> Popcorn Chicken Ranch Mashed Taters &amp; Gravy Steamed Corn Fruit Cup</p> <p><b>Owl's Nest</b> Cowboy Burger Onion Rings Baked Beans Fresh Apple</p> <p><b>Nook</b> Personal Pan Pizza Applesauce Cup/Juice Mini Carrots</p>	<p style="text-align: right;">23</p> <p><b>Cafe'</b> French Toast w/ Syrup Cheese Egg Omelet Sausage Patty Strawberry &amp; Cream Cup</p> <p><b>Owl's Nest</b> Toasted Cheese on a Ciabatta Bun Minion Potatoes 100% Juice Cup Fresh Baked Cookie</p> <p><b>Nook</b> Chicago Style Pizza Applesauce Cup/Juice Mini Carrots</p>
<p style="text-align: right;">26</p> <p><b>Cafe'</b> Sloppy Joe w/ Bun or Mini Corn Dogs Baked Beans Sweet Potato Fries Frozen Fruit Sorbet Cup</p> <p><b>Owl's Nest</b> Breaded or Spicy Chicken Sandwich Bag of Chips Pears/Juice Cup</p> <p><b>Nook</b> Stuffed Crust Pepperoni Pizza Applesauce Cup/Juice Mini Carrots</p>	<p style="text-align: right;">27</p> <p><b>Cafe'</b> Chicken Nuggets Mashed Potatoes &amp; Gravy Roasted California Blend Vegetables Sliced Peaches</p> <p><b>Owl's Nest</b> Hamburger or Cheeseburger French Fries Fresh Fruit</p> <p><b>Nook</b> Big Daddy Primo Pizza Applesauce Cup/Juice Mini Carrots</p>	<p style="text-align: right;">28</p> <p><b>Cafe'</b> Pasta Bar with Meat Sauce Or Red Sauce Italian Green Beans Bosco Stick Sliced Peaches</p> <p><b>Owl's Nest</b> Shredded BBQ Pork on a Bun Bag of Chips Fresh Veggies &amp; Fruit</p> <p><b>Nook</b> Garlic Cheese Bread Applesauce Cup/Juice Mini Carrots</p>	<p style="text-align: right;">29</p> <p><b>Cafe'</b> Chipotle Mayo or Cranberry Orange Mayo Crispy Chicken/Bun Spudster Potatoes Steamed Broccoli Fresh Apple Slices</p> <p><b>Owl's Nest</b> Hamburger Sliders Zesty Tator Tots Baby Carrots Banana/Juice Cup</p> <p><b>Nook</b> Fiestada Pizza Applesauce Cup/Juice Mini Carrots</p>	<p style="text-align: center;">30</p> <p style="text-align: center;"><b>No School Spring Break</b></p> <div style="text-align: center;">  </div> <p style="text-align: center;"><b>Tasty Tip:</b> Try infusing your water with berries or melon!</p> <p style="text-align: center;"><b>Menu subject to change</b></p>

