



River Falls Elementary April Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<i>FOOD FOCUS GARDEN VEGETABLES</i>				
	<p>April is National Gardening Month! Eating garden fresh food is not only delicious, it's nutritious. Gardening is a great family activity that will bring fresh produce or herbs right to your kitchen. If you have space for a small backyard garden, try growing a few vegetables like tomatoes, cucumbers, carrots and herbs. You can even plant tomatoes in containers and watch them grow or try growing some herbs in small pots on a windowsill where they get plenty of light.</p>			
4/3/	4/4	4/5	4/6	4/7
Popcorn Chicken served with Whole Grain Dinner Roll Turkey Bagel Club Sandwich Mashed Potatoes & Gravy Fresh Cucumber Slices Chilled Diced Peaches Fresh Apple Wedges	Cheeseburger on Whole Grain Bun Tater Tot Casserole served with Whole Grain Bread Slices Oven Baked Beans Confetti Coleslaw Cinnamon Baked Apple Slices Banana	Meatballs in Zesty Marinara Sauce served with WG Pasta & Bread Stick Chicken Caesar Salad served with Whole Grain Dinner Roll Seasoned Peas Fresh Baby Carrots Chilled Pineapple Tidbits Fresh Orange Wedges	Oven Baked Mini Corn Dogs Italian Meatball Sub on Whole Grain Bun Oven Baked French Fries Caesar Romaine Side Salad Chilled Diced Pears Fresh Apple Wedges	*Classic Pepperoni Pizza Egg Salad Sandwich on Whole Grain Bun Seasoned Sliced Carrots Fresh Broccoli Buds Chilled Mixed Fruit Fresh Orange Wedges
4/10	4/11	4/12	4/13	4/14
Breaded Chicken Patty on Whole Grain Bun Beef A Roni served with Whole Grain Dinner Roll Mashed Potatoes & Gravy Fresh Cauliflower Buds Chilled Diced Peaches Fresh Apple Wedges	French Toast Sticks, Syrup & Scrambled Eggs Chicken Salad on Whole Grain Bun Seasoned Corn Fresh Cucumber Slices Chilled Applesauce Banana	Chicken Alfredo Pasta & WG Dinner Roll *BBQ Riblet on Whole Grain Bun Seasoned Green Beans Fresh Baby Carrots Sunny Apple Salad Fresh Orange Wedges	Beef Nachos with Cheese Sauce & Brown Rice Fish Sandwich on Whole Grain Bun Refried Beans Lettuce & Tomato Cup Chilled Pineapple Tidbits Fresh Apple Wedges	
4/17	4/18	4/19	4/20	4/21
Hamburger on Whole Grain Bun Sweet & Sour Chicken served with Brown Rice Oven Baked French Fries Fresh Cucumber Slices Chilled Diced Peaches Fresh Apple Wedges	Pizza Dippers served with Marinara Sauce Swedish Meatballs served over Whole Grain Pasta & Dinner Roll Oven Baked Beans Fresh Baby Carrots Rosy Applesauce Banana	Chicken Nuggets served with Whole Grain Dinner Roll Double Cheese Salad served with Whole Grain Bread Stick Mashed Potatoes & Gravy Fresh Broccoli Buds Chilled Pineapple Tidbits Fresh Orange Wedges	Chicken Parmesan & Seasoned Pasta Hot Dog on Whole Grain Bun Seasoned Green Beans Fresh Baby Carrots Chilled Diced Pears Fresh Apple Wedges	Classic Cheese Pizza Tuna Melt Sandwich on Whole Grain Bun Seasoned Corn Caesar Romaine Side Salad Chilled Mixed Fruit Fresh Orange Wedges
4/24	4/25	4/26	4/27	4/28
Oven Baked Corn Dog *Pizza Casserole served with Whole Grain Dinner Roll Oven Baked Tater Tots Fresh Sugar Snap Peas Chilled Diced Peaches Fresh Apple Wedges	Beef Tacos on WG Tortilla Shell served with Sour Cream & Salsa Chicken Fajitas on WG Tortilla Shell Refried Beans Lettuce & Tomato Cup Chilled Applesauce Banana	Pancakes, Syrup & Scrambled Eggs *BBQ Riblet on Whole Grain Bun Seasoned Broccoli Fresh Baby Carrots Chilled Pineapple Tidbits Fresh Grapes	Diced Chicken in Gravy served with Whole Grain Dinner Roll Fish Sticks & Whole Grain Dinner Roll Mashed Potatoes & Gravy Tossed Side Salad Chilled Diced Pears Fresh Orange Wedges	Toasted Cheese Sandwich on Whole Grain Bread Sloppy Joe on Whole Grain Bun Tomato Soup Fresh Cauliflower Buds Chilled Mixed Fruit Fresh Apple Wedges

A full student lunch includes a choice of entrée supplying a protein and grain, vegetable side dishes, fruit side dishes and a choice of milk. Milk choices include 1%, Skim and Chocolate Skim.

Student Price - \$2.40

Reduced Price - \$.40

Adult price - \$3.65

Milk 1/2 pint - \$.45

WG - Whole Grain * May Contain Pork

Menu is subject to change without notice. Questions or Comments? Please contact Dining Services at 715-425-1830 ext. 3786

"This institution is an Equal Opportunity Provider."

Director of Dining Services: Sherry Bruggeman