

# INNOVATIVE NUTRITION MARKETPLACE CAFETERIA

## APRIL

### Daily Lunch Prices

Elem.....\$0.00  
Sec.....\$0.00  
Student 2nd Lunch.....\$4.95  
Adult.....\$4.95  
Milk.....\$0.75

400 2nd Street  
Nashwauk, MN 55769

Make checks payable to ISD #319

Check your family Food Service account balance and make electronic payments via your Infinite Campus Portal account.

When you log into your portal account you will see a button on the left hand side called "Payments." Electronic payments can be made through your bank account (either checking or savings). We hope you find this process simple and convenient. Please email: Mardell (mbevacqua@isd319.org) or Michele (mnelson@isd319.org) if you have any questions.

# NASHWAUK-KEEWATIN SPARTANS

## MONDAY

- School is not in Session

## TUESDAY

- Mandarin Orange Chicken
- Brown Rice Blend
- Steamed Broccoli
- Crunchy Baby Carrots
- Chilled Applesauce
- Lowfat Milk Choices

## WEDNESDAY

- Cheese Bread Dunkers w/ Meatsauce
- Creamy Coleslaw
- Steamed Carrot Coins
- Diced Pears
- Lowfat Milk Choices
- Cookie

## THURSDAY

- Sloppy Joe on Whole Wheat Bun
- Mediterranean Chickpea Salad
- Pickle Slices
- Whole Kernel Corn
- Mandarin Oranges
- Lowfat Milk Choices

## FRIDAY

- Schoolmade Pizza
- Sweet Kale Chopped Salad
- Steamed Peas & Carrots
- Fresh Fruit
- Lowfat Milk Choices

8

- Hamburger on a Whole Wheat Bun
- Pickle Slices
- Sweet Potato Confetti Tots
- Chilled Peaches
- Lowfat Milk Choices

9

- Mexican Taco w/ Fixings
- Zesty Salsa
- Refried Beans
- Whole Kernel Corn
- Fresh Fruit
- Lowfat Milk Choices

10

- Super Deli Sub Sandwich with Garden Fresh Fixings
- Pickle Spear
- Crisp Baby Carrots
- Pineapple Tidbits
- Lowfat Milk Choices
- Cherry Jello Cup

11

- Roasted Turkey Gravy over Mashed Potatoes
- Seasoned Broccoli
- Whole Grain Dinner Roll
- Cinnamon Applesauce
- Lowfat Milk Choices

12

- Chicken Nuggets
- Macaroni & Cheese
- Steamed Green Beans
- Crunchy Fresh Vegetables
- Fresh Fruit
- Lowfat Milk Choices

15

- Italian Meatball Sub w/ Mozzarella Cheese
- Steamed Green Beans
- Fresh Cucumber Slices & Baby Carrots
- Mandarin Oranges
- Lowfat Milk Choices
- Mini Rice Krispie Bar

16

- French Toast Sticks
- Savory Turkey Sausage Patty \*
- Crispy Hashbrown
- Tangy Chilled Tomato Juice
- Fresh Fruit
- Lowfat Milk Choices

17

- Pepperoni Pizza \*
- Crisp Mixed Greens w/ Balsamic Vinaigrette
- Whole Kernel Corn
- Chilled Peaches
- Lowfat Milk Choices

18

- Toasty Grilled Cheese Sandwich
- Creamy Tomato Soup
- Crunchy Garden Veggies w/ Red Pepper Hummus
- Mixed Fruit Cup
- Lowfat Milk Choices

19

- Shrimp Poppers
- Oven Browned Potatoes
- Steamed Peas & Carrots
- Fresh Fruit
- Lowfat Milk Choices

22

- Creamy Penne Chicken Alfredo
- Garden Fresh Spinach Salad
- Crisp Baby Carrots
- Garlic Bread
- Chilled Applesauce
- Lowfat Milk Choices

23

- Shaved Deli Turkey Breast on WW Bread w/ Shredded Lettuce
- Pickle Spear
- Rotini Ranch Salad
- Tangy Chilled Tomato Juice
- Fresh Fruit
- Lowfat Milk Choices
- Baked Chips

24

- Chicken Patty on a WW Bun w/ Sriracha Sauce & Shredded Lettuce
- AuGratin Potatoes
- Pineapple Tidbits
- Lowfat Milk Choices

25

- Cheeseburger on Whole Wheat Bun
- Pickle Slices
- Creamy Potato Salad
- Crunchy Celery Sticks
- Mixed Fruit Cup
- Lowfat Milk Choices

26

- Corn Dog
- Macaroni & Cheese
- Baked Beans\*
- Fresh Broccoli Bites
- Fresh Fruit
- Lowfat Milk Choices

29

- Roasted Chicken Fillet on a Whole Wheat Bun
- Shredded Lettuce
- Sweet Potato Fries
- California Blend Veggies
- Mandarin Oranges
- Lowfat Milk Choices
- Pudding Cup

30

- Nachos w/ Meat & Cheese Sauce
- Bold Black Bean Salsa
- Whole Kernel Corn
- Fresh Fruit
- Lowfat Milk Choices

\*This item contains pork



Call 218-208-0854 for employment opportunities with the Food & Nutrition Department. Work school days & have evenings, weekends, holidays & summer off.

This institution is an equal opportunity provider.

# NASHWAUK-KEEWATIN SPARTANS

## Daily Breakfast Prices

Elem.....	\$0.00
Sec.....	\$0.00
Student 2nd BKF.....	\$2.60
Adult.....	\$2.60

## MON

### BUILD A HEALTHY BREAKFAST

- Choice of: Cereal, Yogurt or Hot Oatmeal w/ Berries, Raisins, Granola & Graham Crackers or
- Whole Grain Breakfast Bread Slice and Mozzarella Cheese Stick and
- Fruit Assortment or Fruit Juice

## TUES

### BUILD A HEALTHY BREAKFAST

- Choice of: Cereal, Yogurt or Hot Oatmeal w/ Berries, Raisins, Granola & Graham Crackers or
- Breakfast Pizza and
- Fruit Assortment or Fruit Juice

## WED

### BUILD A HEALTHY BREAKFAST

- Choice of: Cereal, Yogurt or Hot Oatmeal w/ Berries, Raisins, Granola & Graham Crackers or
- Whole Grain Dutch Waffle and
- Fruit Assortment or Fruit Juice

## THURS

### BUILD A HEALTHY BREAKFAST

- Choice of: Cereal, Yogurt or Hot Oatmeal w/ Berries, Raisins, Granola & Graham Crackers or
- Fluffy Scrambled Eggs w/ a Sausage Patty & Hashbrown and
- Fruit Assortment or Fruit Juice

## FRI

### BUILD A HEALTHY BREAKFAST

- Choice of: Cereal, Yogurt or Hot Oatmeal w/ Berries, Raisins, Granola & Graham Crackers or
- Fresh Baked Whole Grain Cinnamon Roll and
- Fruit Assortment or Fruit Juice

## APRIL

### Please assist

Please note: Families who qualified for benefits the previous year must resubmit a completed "Application for Educational Benefits" form by October 16, 2023 to continue receiving benefits.

Nashwauk-Keewatin Public Schools receive additional educational funds for completed and approved "Application for Educational Benefits" form for free or reduced meals.

A large amount of state and federal funds for schools is based upon the number of families that qualify for free and reduced meal programs. The district receives additional funding in Title 1, e-rate technology and basic skills funding when more students qualify for free or reduced lunch prices. Therefore it is important that all parents of eligible students fill out and return an "Application for Educational Benefits" form. The forms are sent home at the beginning of the year with students. Copies can also be picked up at the principal's office or food service office.

A variety of milk available.

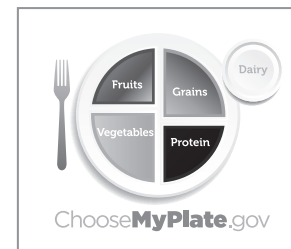
Lactose reduced milk will be available.

Gluten-controlled lunch & breakfast available.

Additional options are available for secondary students.

The menu contains known allergens including but not limited to: peanuts, tree nuts, soy, seafood, produce, grain and dairy. Please review the menu with allergic family members.

Menu items subject to change without notice.



### Balancing Calories

- Enjoy your food, but eat less.
- Avoid oversized portions.

### Foods to Increase

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

### Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals and choose the foods with lower numbers.
- Drink water instead of sugary drinks.

### Build a Healthy Breakfast

Students must select 1/2 c. fruit or juice and full servings of two other food groups.

It is our goal to gently encourage students to select well-balanced meals.

Our best ideas come from you. Email your brilliant idea or important questions to:

Tonja Cunningham

tonja.cunningham@isd701.org

Or call:

218-208-0854