



Don't forget to eat your vegetables.

North Cape School Lunch Menu

Fresh Vegetable Choices and Seasonal Fruit are Offered Daily on the Fruit & Vegetable Bar

April 2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2
SPRING BREAK

3
SPRING BREAD

4
SPRING BREAK

5
SPRING BREAK

6
SPRING BREAK

HOM ~ SNOW PEAS 9

Cheeseburger with Pickles

OR County Fair Corn Dog

Crinkle Cut French Fries
Fresh Snow Peas, Bread
Rice Krispie Treat
Fruit & Veggie Bar

HOM ~ BLUEBERRY 10

Pancakes with Blueberry Topping, Sausage Patties

OR Grilled Chicken Sandwich with Pickles
Potato Triangle
Juice Cup
Bread, Fruit & Veggie Bar

11
Homemade Cheese Pizza

OR BBQ Pork Riblet with Pickles

Seasoned Carrots
Caesar Salad
Bread, Fruit & Veggie Bar

12
Beefy Nachos with Sour Cream, Salsa, Guacamole

OR Breaded Chicken Sandwich with Pickles
Buttered Corn
Fruited Quinoa Salad
Fruit & Veggie Bar

13
Spaghetti with Meatballs

OR Oven Roasted Mini Corn Dogs

Crinkle Cut French Fries
Garlic Toast
Fruit & Veggie Bar

16
Salisbury Steak with Gravy

OR Popcorn Chicken Bites

Mashed Potatoes & Gravy
Dinner Roll
Fruit & Veggie Bar

17
Homemade Cheese Pizza

OR Meatball Bomber Sub

Crinkle Cut French Fries
Caesar Salad
Bread, Fruit & Veggie Bar

18
Loaded Tator Tots with Taco Meat & Cheese Sauce, Sour Cream

OR Tasty Chicken Strips
Seasoned Carrots
Wild Rice Pineapple Salad
Fruit & Veggie Bar

19
Ham & Cheese Stromboli with Marinara Sauce

OR Breaded Chicken Sandwich with Pickles
Shoestring French Fries
Pretzels, Pudding Cup
Fruit & Veggie Bar

HOM ~ BLUEBERRY 20

Belgium Waffle Sticks with Syrup, Scrambled Eggs

OR County Fair Corn Dog

Potato Smiles
Blueberry Muffin
Fruit & Veggie Bar

23
Roasted Hot Dog with Pickles

OR Tasty Chicken Strips

Tortilla Chips with Cheese Sauce
Seasoned Green Beans
Bread, Fruit & Veggie Bar

HOM ~ NUTMEG 24

Mozzarella Cheese Dipper with Marinara Sauce
OR Italian Sub Sandwich
Broccoli with Cheese Sauce
Caesar Salad, Bread
Apple Crisp
Fruit & Veggie Bar

25
Soft Shell Beef Tacos, Lettuce, Sour Cream & Salsa

OR Tasty Chicken Strips

Refried Beans
Seasoned Corn
Bread, Fruit & Veggie Bar

26
Oven Roasted Turkey & Gravy

OR Cheeseburger with Pickles
Mashed Potatoes & Gravy
Rice Krispie Treat
Biscuit, Fruit & Veggie Bar

National Pretzel Day 27

Toasted Cheese Sandwich

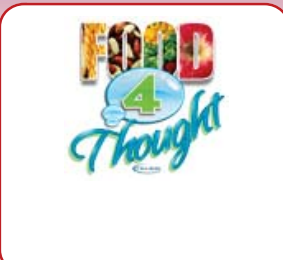
OR Oven Roasted Mini Corn Dogs
Creamy Tomato Soup
Goldfish Crackers
Cinnamon Pretzel Bites
Fruit & Veggie Bar

HOM ~ SNOW PEAS 30

Sloppy Joe Sliders with Pickles

OR Popcorn Chicken Bites

Mashed Potatoes & Gravy
Fresh Snow Peas
Roll, Fruit & Veggie Bar



HARVEST OF THE MONTH



EXTRA INFO

Milk choice of 1% White, Skim or Chocolate
Skim is included with lunch.
For questions or comments, contact
Brenda Sunderland, FSD at 262-864-2105
or email sundbre@raymond.k12.wi.us

