

-2023-

APRIL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Prairie Wind Middle School

2nd Lunch Option

Monday: Pizza

Tuesday: Build Your Own Sub

Wednesday: Pizza

Thursday: Build Your Own Sub

Friday: Pizza

Nutrition Bar with Assorted Fresh & Canned Fruits, as well as Fresh Vegetables offered daily.

To be considered a reimbursable meal, students MUST take at least 3 of the 5 food components!! One MUST be a fruit or vegetable

FOOD COMPONENTS:

- Bread/Grain
- Meat/ Meat Alternate
- Fruit
- Vegetable
- Milk

MENUS SUBJECT TO CHANGE

Question, comments or concerns, please reach out to Krystal Boyd, Food Service Director, at kboyd@perham.k12.mn.us

3 Mandarin Orange Chicken Over Rice Oriental Vegetables Fruit Milk	4 Grilled Chicken Caesar Salad Breadstick Vegetable Fruit Milk	5 Uncrustable PB&J Side Salad Vegetable Fruit Milk	6 Spaghetti & Meat Sauce Breadstick Vegetable Fruit Milk	7 NO SCHOOL
10 NO SCHOOL	11 Mac & Cheese Garlic Toast Vegetable Fruit Milk	12 Homemade Chicken Noodle Soup Turkey Sandwich Coleslaw Fruit Milk	13 Totchos Lettuce, Salsa Vegetable Fruit Milk	14 Spicy Chicken Sandwich Curly Fries Vegetable Fruit Milk
17 Garlic Pull Apart Bread Marinara Sauce Green Beans Fruit Milk	18 Mini Corn Dogs Tater Tots Caesar Salad Vegetable Fruit Milk	19 Hot Ham & Cheese Scalloped Potatoes Vegetable Fruit Milk	20 BBQ Riblet On A Bun Waffle Fries Baked Beans Vegetable Fruit Milk	21 Chicken Quesadilla Corn Vegetable Fruit Milk
24 SW Burger Fries Baked Beans Fruit Milk	25 Taco In A Bag Spanish Rice Lettuce, Salsa Fruit Milk	26 Chicken Nuggets Smile Potatoes Green Beans Chips Fruit Milk	27 Grilled Cheese Tomato Soup Vegetable Fruit Milk	28 BBQ Teriyaki Chicken Over Rice Oriental Vegetables Dinner Roll Fruit Milk