



# National School Lunch Week October 14-18, 2019



Today's school lunches meet strict nutrition standards, including limits on calories, sodium and unhealthy fats.

**30 MILLION** students enjoy healthy lunches every school day.



Read School Meal Success Stories here: [TrayTalk.org](http://TrayTalk.org)

Follow us on social media: #NSLW19 • #LunchPlaylist • #SchoolLunch



# Join your child for a **FREE** school lunch\* during National School Lunch week!

Students are encouraged to invite a special adult (parent, grandparent, friend, etc.) to eat school lunch with them the week of **October 14-18**.

Adults will not be charged for their meal, but are asked to **RSVP** to the Kitchen with the day you are planning to eat with your student.

[kitchen@mhlt.org](mailto:kitchen@mhlt.org) or (715) 356-5206 x2171

## This week's menu:

<p><b>14</b></p> <p><b>French Toast Sticks</b> Pork Sausage Tri-tater Tots Crunchy Baby Carrots</p> <p>4K-5 alternative: Bagel w/ cream cheese &amp; yogurt</p> <p>6-8 alternative: cheeseburger</p>	<p><b>15</b></p> <p><b>Grilled Cheese Sandwich</b> Tomato Soup Garden Salad</p> <p>4K-5 alternative: deli sandwich or PB&amp;J</p> <p>6-8 alternative: rib sandwich</p>	<p><b>16</b></p> <p><b>Fish Tacos</b> Crisp Romaine Lettuce Grape Tomatoes Creamy Coleslaw</p> <p>4K-5 alternative: deli sandwich or PB&amp;J</p> <p>6-8 alternative: hot dog</p>	<p><b>17</b></p> <p><b>Hearty Chili w/ Cornbread</b> Seasoned Corn Fresh Green Beans</p> <p>4K-5 alternative: deli sandwich or PB&amp;J</p> <p>6-8 alternative: chicken patty</p>	<p><b>18</b></p> <p><b>Cheeseburger on a Bun</b> Baked Beans Chilled Peas</p> <p>4K-5 alternative: Bagel w/ cream cheese &amp; yogurt</p> <p>6-8 alternative: pizza</p>
--	---	---	---	---

## Lunch times

4K, 11:25	2nd, 11:17	Creative Minds 3rd & 4th: 11:55
Kinder, 10:55	3rd, 11:45	all 5th, 11:35
1st, 11:05	4th, 12:00	all 6th-8th: 12:25



\* This is a special event supporting our district's meal program. If you choose to eat with your child this week, please choose a school lunch, rather than bringing your own food.