



# LUNCH MENU

## MEAL SERVICES DURING SCHOOL CLOSURES

USD 113 Prairie Hills Grub & Go Service!

11 am – 12:30 pm: Axtell Public School, Sabetha Elementary, Wetmore Academic Center

11:30 am – Noon: Goff Community Center

11:30 – 12:15 pm: Fairview City Park, Morrill Community Center, Bern Community Library, Summerfield Community Center

### Monday

Mar. 30

No Service

### Tuesday

Mar. 31

Ham & Cheese Tortilla  
Wrap  
Baked Chips  
Baby Carrots  
Fruit Cup

### Wednesday

Apr. 1

Crispito (SES site  
only will be having  
Quesadilla)  
Refried Beans  
Apple/Apple Slices  
Rice Krispies Treat

### Thursday

Apr. 2

Hamburger on a WG Bun  
Fries  
Pickle Spears  
Orange

### Friday

Apr. 3

WG Uncrustable  
String Cheese  
Carrots & Cucumbers  
Baked Chips  
Fruit Cup

### IMMUNE-BOOSTING TIPS

- Get 7-9 hours of sleep
- Drink at least 8 cups of water per day
- Eat lots of colorful fruits & vegetables
- Move your body - stretch, dance, walk
- Minimize added sugars
- Try something plant-based



This institution is an equal opportunity provider.  
Menu is subject to change.

