



**4 P's in a Pod** is pleased to be the lunch provider for your school.

Meals are easily ordered and purchased through our online ordering system.

Here are a few highlights that make our menus unique:

- Multiple entrée choices
- Serving size options
- Fresh fruits and vegetables
- Whole grain breads and rolls
- Multiple meatless options weekly
- No tree nuts or peanuts in our ingredients list
- Many entrees prepared with turkey or chicken
- No deep frying
- Zero trans fats
- Our homemade desserts are most often prepared with lower sugar, whole grains, and fruits
- Organic food whenever possible

As we begin our 15<sup>th</sup> year of service we are looking forward to serving your students.

If you have any questions, please feel free to contact us by email at [office@4psinapod.com](mailto:office@4psinapod.com) or by phone 262-544-4389 .

