



A Weekly Update
For The Employees of
North Central Health Care



NEWS YOU CAN USE

WEEKLY CONNECTION WITH OUR TEAM



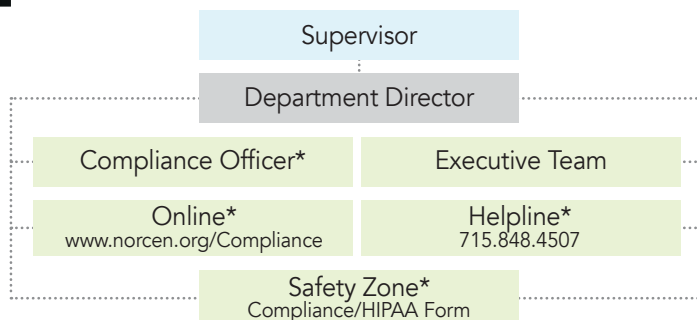
Jennifer Peaslee
Compliance
Officer

Speak Up! We're Listening!

If you have an ethics or compliance concern, speak up – I want to hear from you. It's important to do so to make things better. For you. For others. For all we serve.

NCHC offers many ways to do just that, including options to do so anonymously. In addition, if you have questions or are seeking guidance, **Help is a Click or Phone Call Away:**

* This is an anonymous reporting option.



Our commitment to you is this: You can come forward with reports of wrongdoing when problems arise. And to do so without being punished. To make sure of it, we have a strict non-retaliation policy. That means if you're asking questions or speaking up and doing so in good faith, you cannot get into trouble for it and no adverse action can occur as a result.

- Employee Appreciation Day Fun... **2-3**
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ADMINISTRATOR ON-CALL x4488 or 715.848.4488

In the event of Phone System Outage, reference the O:drive "On-Call Information Folder" for Schedule and Cell Phone #'s.

**Monday, March 14 –
Sunday, March 20**

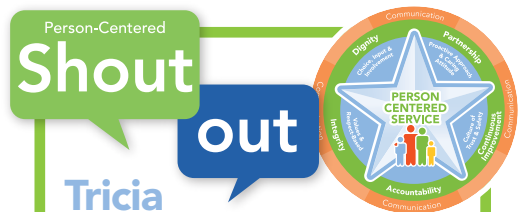
Jill Meschke



Together we can help NCHC be the very best place to work and to receive care. Thank you for doing your part and as always, I'm here to help.

Jennifer Peaslee

Jennifer Peaslee
715-848-4507 | jpeaslee@norcen.org



Tricia Kurtz, RN Community Treatment

Why: I want to recognize the efforts of Tricia Kurtz with one of the CCS consumers on Friday. She took the time to motivate him for do the right action regarding his health which was very poor and life threatening and he got the care he needed. She was collaborative and dedicated. She definitely modeled core values.

Submitted By: **Cara Reed**





North Central Health Care
EMPLOYEE

APPRECIATION Day

Last week, we asked NCHC staff to share some appreciation for their coworkers. Almost 300 of you participated in the quick online submissions form AND were entered to win 1 of 5 Gift Baskets!

Here are the winners from the random Gift Basket Drawing!



Scented Candle Gift Basket
Kayla Erdman
Community Treatment – Marathon County



Cookie Gift Basket
Jennifer Charbarneau
Pine Crest – Nursing



Relaxing Spa Gift Basket
Sandra Lang
Mount View Care Center - Life Enrichment



Bella Chocolates Gift Basket
Kristin King
Outpatient/Community Treatment – Langlade County



Sweet Choice Gift Basket
Holly Boehm
Prevocational Services – Lincoln Industries, Merrill

You can catch up on all the great appreciation submissions on our Facebook NCHC Employee Communications Group!



facebook.com/groups/NCHCTeam/

“ to: Derrick Phelps
Helping where ever asked at Prevoc. He is will to assist with what ever we ask of him.
from: Jennifer

“ to: Ryan Hanson
For being such a great, supportive, helpful, positive, motivating boss!
from: sara

“ to: Inpatient Staff
I appreciate each of them for the excellent care they provide to our patients and for their teamwork!
from: Terri



 facebook.com/groups/NCHCTeam/

“ to: Mike Frankel
He supports his staff and program. His leadership is appreciated! He's a good role model for person centered care.
from: Patrick

“ to: Natasha Kelly
For being a great trainer
from: Abby

“ to: Olivia Smola
She is very flexible and when we are short helps out wherever needed without hesitation! Great team player!
from: Julie

“ to: Caitlin Baldauff
Caitlin is an active and effective leader and exercises integrity always.
from: Leah

“ to: Gina Lenz
Gina is very supportive and understanding. She goes above and beyond to support the work we do. I can count on Gina to help in any situation that comes up daily.
from: Bobbi

“ to: Renee Erickson
As our only Employee Health Nurse, she has worked many long hours over the last few years due to COVID, tracking cases, call ins, assisting with the vaccination process. She does all of this with genuine care and a smile.
from: Kristen

“ to: Jacky, Nicole, Brenda, Cheryl, Lindsey, Jen & Connie
We all work as an awesome team. They all go above and beyond for caring of the residents and the staff. I'm proud to work with them everyday.
from: Jamie

“ to: All NCHC Employees!
They go out of their way to make patient experience unforgettable. This includes nurses, patient access, doctors, nurse practitioners, therapists, social workers, case managers, etc. They are all truly impacting people's lives.
from: Lyndsay



PHOTOS OF THE WEEK

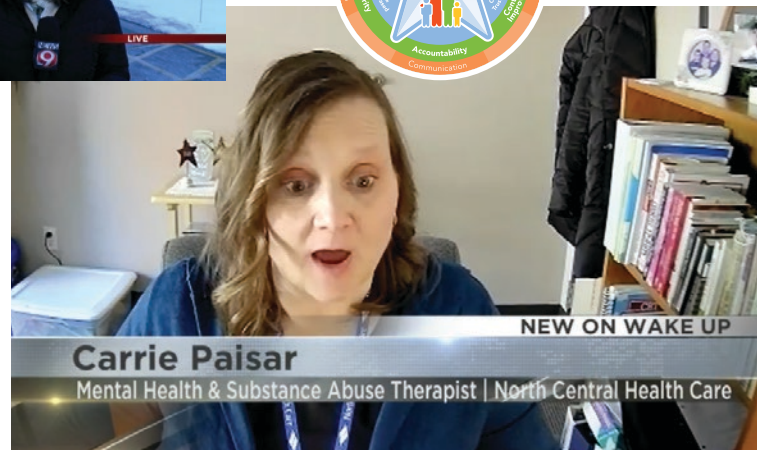
NCHC IN THE NEWS

Thanks to Staff for Sharing Their Expertise!

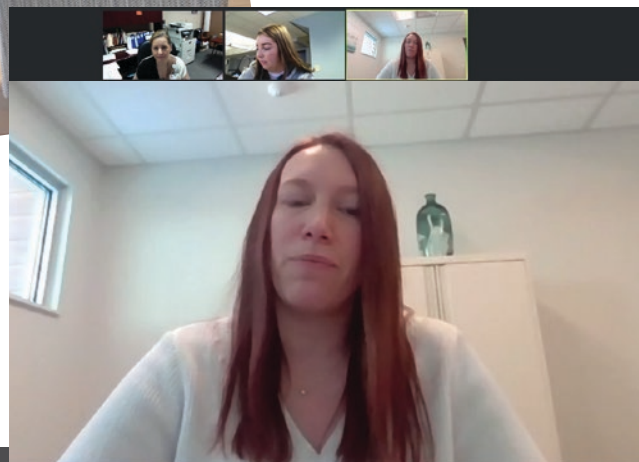
This week several NCHC staff participated in news interviews about various topics from across the NCHC continuum of care. Be sure to check out these videos and interviews online!



Melissa Stockwell shared her expertise on Music Therapy and spoke with Brittany Dobbins of WSAW TV 7 about the programs here at Mount View for dementia residents. That story will be airing soon!



Carrie Paisar spoke with WAOW TV 9 about dealing with the stress teens may have about college acceptance. She shared some great tips for students and parents. <https://bit.ly/PaisarCollege>



Dr. Jessica Dotson also interviewed for a piece with WAOW TV 9 about the impact of Daylight Saving and how we can help kids and adults with the affects from "losing an hour".

<https://bit.ly/DotsonSleep>

Thank you for your Person-Centered Approach to Outreach to Our Community!

Share Your Photo of the Week Email: Communications@norcen.org or Text: 715.370.1547



It's time to move the clocks forward one hour and lose an hour of sleep on Sunday, March 13.

On the bright side, we gain an hour of daylight, but again, we lose an hour of precious sleep.

Adjusting to the time change can be difficult for everyone no matter your age. Be kind!



OUTSTANDING TEAM PARTNERSHIP AWARD

Youth Crisis Stabilization Team

Congratulations to the Youth Crisis Stabilization Team, recipient of NCHC's Outstanding Team Partnership Award for 1st Quarter.

"The Youth Crisis Stabilization Team has been asked to cover many different units and roles than what they were hired for. They have been asked to go outside their comfort zone many times to work on various BHS Acute Care units over the past year. This has helped each of them grow as floor staff, bringing them more skills to support their youth clients. They have been able to get closer as a team through discomfort, learning to support and rely on one another."

"The YCSF Team have helped to keep all the BHS Acute Care units running to make sure clients are receiving appropriate care and that the departments can continue to support the NCHC community."

Adult Day Services Team, Wausau and Safety & Security Team were also nominated for this Award.

Trisha Stefonek, Director of Acute Care Behavioral Health presents the Team Partnership Award to Allison Fitzgerald of YCSF.



OUTSTANDING SERVICE EXCELLENCE AWARD

Katherine Crabtree Mail/Copy Room

Congratulations to Katherine Crabtree recipient of the Outstanding Service Excellence Award for 1st Quarter. Katherine works in the Mail/Copy Room on the Wausau Campus and was nominated for her commitment to our NCHC Cores Values.



"Katherine is very committed to NCHC and shows her Core Values on a daily basis. She shows her commitment to Continuous Improvement by asking questions and looking to improve processes when the opportunity presents itself. That may be with processes like mail sorting and sending, print preparation and other tasks and jobs she works on."

"She show Partnership each day as she works with multiple departments and staff from across the organization to complete various print jobs, deliver mail and work on many tasks assigned that need a quick turnaround. And when I say quick.....Katherine is quick!"

"She is always willing to help in areas outside the mailroom and does it all with a smile. Katherine is focused and always willing to lend a hand any time she is asked."

OUTSTANDING LEADERSHIP AWARD

Josie Herman Residential Services

Congratulations to Josie Herman of Residential, recipient of NCHC's Outstanding Leadership Award for 1st Quarter.

"Josie always has a positive attitude toward clients and staff. She takes time to listen. Josie is always going above and beyond with picking up extra shifts at our site or Jelinek. Clients adore her!"

"Josie does not make you feel bad if you are sick or unable to work which alleviates extra stress. She is supportive and caring."

"Josie has worked her for almost 20 years. She is dedicated to client care and satisfaction."

Josie was nominated by Kate Schultz, RCA. Gina Laszewski was also nominated for this Award.



OUTSTANDING PERSON CENTERED SERVICE AWARD

Chuck Frankiewicz, Adult Day Services

Congratulations to Chuck Frankiewicz of Adult Day Services, recipient of the Outstanding Person-Centered Service Award.

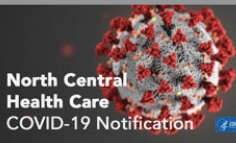
"Chuck had been assisting a residential site due to short/sick staff, he jumped in and was at one residential site and ran back and forth numerous times to assist another residential site. Chuck did this numerous time throughout the day. His ability to be calm during stressful situations is something that not all staff have and can demonstrate."

"To observe Chuck during these times is amazing! He is a person who demonstrates N.C.H.C. CORE VALUES TO A T. Chuck continues to jump in when needed without being asked he truly is a person that demonstrates and goes above his job duties."

Chuck was nominated by Cindy Purdy, ADS. BriAnna Salas, Jessica Schreiber and Micki Alsteen were also nominated for this Award.



Nominate a Coworker or Team today! www.norcen.org/Recognition



Wear a Mask – Maintain Social Distance – Wash Your Hands – Stay Home If You Are Sick. Report Symptoms and Covid-19 Exposures to Your Manager Immediately.

Managers report in SafetyZone ASAP. Staff will continue to screen appropriately, report symptoms and not report to work if experiencing any signs of illness. Staff are required to use PLT or take unpaid leave due to symptoms or exposure. **Questions: Employee Health 715.848.4396**

COUNTY POSITIVITY RATE

MARATHON: 3.64%

LINCOLN: 4.67%

LANGLADE: 1.7%

Please follow **Alert Level Response** based on the County Positivity Rate of your location.

PPE GUIDELINES

Visitors: Cloth face covering or surgical masks required by all. Visitors to Nursing Homes & Adult/Youth Inpatient Hospitals will be screened using the COVID Screener. All other visitors will only require temperature check.

Employees: Face coverings required while entering the building. Self-screening required using temperature kiosks procedures. Surgical masks at a minimum required while within all NCHC buildings. Staff may remove masks while working alone in private offices.

Employees Working in Direct Patient/Resident Care: Each patient/resident care area will be designated as being in Standard or Covid-19 Confirmed/Suspected Precautions. Units/Patients on Covid-19 Confirmed/Suspected Precautions must have it clearly posted on the entrance to the unit or patient room.

o **Standard Precautions** – Surgical Mask and Gloves required. Eye Protection (face shield, goggles or safety glasses) required during applicable isolation precautions.

o **Covid-19 Confirmed/Suspected Precautions** – N95 Mask, Eye Protection (Face shield, goggles or safety glasses), Gloves and Gown during patient encounters required.

NCHC COVID-19 WEEKLY CASE REPORT

Confidential Employee Report

Program	Current Active Employee Cases	Date Reported
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New Cases
NONE

Previously Reported All Cases no longer included below have returned to work.

Total Active Employee Cases 0

Active Resident/Inpatient Cases – Use Covid-Positive Precautions
NONE

Total Active Residents/Patients 0

Employee Cases Reported through March 10, 2022.

Cases reported to right are current active employee cases. All employee cases previously reported that are no longer shown here have been cleared to return to work from NCHC Employee Health and local health officials based on a review of the individual case details.



GENERAL OPERATIONAL GUIDELINES

Program admissions, closures, and operations will be determined by Incident Command daily. Updates provided to staff at least weekly.

Direct Care/Visitors

- Essential visitors and contractors only.
- In-person treatment allowed in all programs. Masks and social distancing required. All areas require departmental cleaning procedures for pre/post in-person visits. Virtual treatment optional.
- In-Person Visitation allowed at Nursing Homes, Inpatient Hospitals, CBRF and Residential Homes.
 - Program-established visiting hours.
 - Visitation limited to designated visiting areas or resident rooms only. No other travel throughout facilities. 2 visitors maximum per resident/patient at any time. Length of visit is determined by program.
 - Indoor, compassionate care and outdoor visits allowed. Outdoor visits are weather-permitting and determined by program.
 - Screening, masks and social distancing required.
 - Nursing Homes must allow in-person visitation on units. All visitors will be required to follow the PPE guidance in place for precautions.
- Volunteer programming allowed. Limited to 5 max at a time in building. Covid-19 vaccination required.

Meetings or Groups - Please refer to Alert Level Response

- NCHC in-person meetings allowed. Masks, 6-foot social distancing or physical barriers between individuals required.
- Treatment groups suspended at this time due to current community positivity rates. Only DBT & AODA Groups allowed.
- Non-NCHC groups or meetings are not permitted (i.e., AA, NA) in care areas (nursing homes, outpatient clinics). Wausau Campus Theater is allowed to be scheduled for outside group use. Contact Administration Office 715.848.4405.
- Group sizes for meetings limited based on each County's Positivity Rate. Masks & social distancing required. Meetings require Incident Command approval if in RED or higher # of people than designated limit.

HR / Remote Work

- On-site interviews and Orientation are allowed with an option for virtual participation provided.
- Remote Work limited to those requiring exceptions. Please work with Manager and Human Resources if exceptions are required.

PROGRAM-SPECIFIC OPERATIONAL UPDATES

Programs with Operational Changes

Follow General Operational Guidelines (above) in addition to changes below.

Note: Information below denotes only Covid-19 Confirmed cases.

Some units/patient rooms may be on Covid-19 Suspected and use same precautions until negative test results are returned.

- **Mount View:** Visiting Hours M-F: 7am – 7pm, Weekends: 10 am – 6pm.
- **Pine Crest:** In-Person Visiting Hours: M-F: 9am – 6 pm, Weekends: 9am – 3pm.
- **Residential Services:** Open and operational.
 - o **Riverview Towers and Riverview Terrace:** Visitation allowed. Visitors and residents must wear a mask when outside of their apartment, in any indoor shared space.
- **Lakeside Recovery/MMT:** Closed. No Admissions.

Open & Operational

Follow General Operational Guidelines (left).

- Adult Behavioral Health Hospital
- Adult Day Services – Wausau
- Adult Day Services – Antigo
- Adult Day/Prevocational Services – Merrill
- Adult Protective Services
- Aquatic Therapy Center
- Community Treatment
- Clubhouse
- Crisis Center
- Crisis Stabilization Facility (Adult & Youth)
- Hope House - Wausau / Antigo
- McClellan House
- Outpatient Clinics
- Pharmacy
- Prevocational Services – Wausau
- Transportation
- Youth Behavioral Health Hospital

Program Hours and Operations Online: www.norcen.org/Covid-19




Random Act of KINDNESS

Random Acts of Kindness have been reported around NCHC once again this week! Employees are finding filled plastic eggs with a special surprise inside....

Will you be a recipient? Will you pass it on? Report your Random Acts of Kindness on our NCHC Employee Communications Facebook Page.



Marathon County Employees Credit Union

See MCECU For All Your Home Loan Needs!

TIRED OF PAYING RENT?
Our low-interest home loans could make owning cheaper than renting. See us today!

We are Here to Help You Through the Process.
Contact Pete Today!
715 261-7685
Peter.Wolf@co.marathon.wi.us

Proudly serving Health Care Center Employees & their Families since 1965.
400 East Thomas Street • Wausau, WI 54403

Did you complete your Monthly Learning Modules? These are due March 30!

February 2022 Organizational Learning Modules



Each month staff are assigned 30-60 minutes of organizational training that needs to be completed by the due date.

Log into the learning management system (LMS), *UKG Pro Learning*, to complete the following training modules:

- **NCHC Policies, Procedures, and Related Forms** (10 minutes)
- **Code of Conduct 2022** (20 minutes)
- **Patient Rights 2022** (20 minutes)





SEASONAL ALLERGIES

WELLNESS CORNER Submitted by Sherry Hughes, PA



It has been quite the cold season since January. The COVID numbers across Wisconsin are winding down. (NYT, 2022) There are still quite a few viral infections going around. According to the Wisconsin Department of Health, the most prominent viral infections reported in February were the Human Pneumovirus and the Rhino-entero Virus. Influenza was slowly increasing as well (DHS, 2022).

Next Up: Allergy Season. I will discuss some medications that can help treat allergies. The over the counter cold medicines can also help treat cold and viral symptoms.

If you have seasonal allergies due to weather changes, start taking a non-drowsy antihistamine soon. Loratadine (Claritin), Cetirizine (Zyrtec) and Fexofenadine (Allegra) provide 24 hour relief and is available over the counter without a prescription. Signs of seasonal allergies, also known as hayfever, include; itchy, watering eyes, runny nose, sneezing, and often post nasal drip (drainage down the back of the throat). This can lead to symptoms of a sore throat and dry cough. Over the counter throat lozenges and or cough drops can relieve these symptoms. Gargling warm salt -water mixture can also help to relieve a sore throat.

A productive, or phlegm producing cough should be treated with an expectorant, one that loosens the mucus so that it can come up. Mucinex is the name brand for Guaifenesin. This is the active ingredient listed on the back of the box

of several cough medicines used to treat a productive cough. If a dry cough is bothersome or not relieved by drops, a cough suppressant such as Dextromethorphan, the active ingredient in Delsym can help to relieve the cough. Be aware, cough suppressants are not suggested in children under 4 years old. A teaspoon of honey can help relieve a cough in children and adults. Do not give raw honey to children under one year old.

Sinus congestion can be relieved with a saline wash. Also known as a neti-pot or nasal rinse, a saltwater mixture is sprayed into the sinuses through the nose. This is best to do when coming in from outdoors during the allergy season. Phenylephrine, the active ingredient in Sudafed brand decongestants, is a tablet that can be taken for congestion. It is available over the counter. Do not take if you have high blood pressure that is not controlled. Afrin nasal spray, an over the counter decongestant works well, but can only be used for 3 days. I have used the generic Oxymetazoline, store-brand and it burned, so I use the name brand myself.

Many cold medicines have multiple ingredients to soothe cold symptoms. Check the active ingredients on the back of the box to avoid doubling up on medications.

If viral or cold symptoms are lasting more than 10 days, progressively worsening with continued coughing, pain in the face and teeth, or fevers, the infection may be progressing to a bacterial infection. Seek care. Allergies symptom that are

Employee Health & Wellness Center
 1100 Lake View Drive, Wausau, WI
 North Central Health Care Campus
 Door 25

Schedule an Appointment:
 715.843.1256 or MyAspirus.org

Updated Hours:
 Monday - Wednesday - Friday: 8:00 am - 4:30 pm
 Tuesday: 6:30 am - 3:00 pm
 Thursday: 9:30 am - 6:00 pm



not improving or leading to a sinus infection should also be evaluated.

If you have questions about any over the counter medicine, or persistent cold/virus/allergy symptoms, call the Employee and Health and Wellness Center at 715-843-1256.

DHS. 2021. Wisconsin Laboratory Surveillance for Respiratory viruses by PCR. Retrieved on 3/10/22 from <https://www.dhs.wisconsin.gov/publications/p02346-2022-2-19.pdf>
WBAY. 2021 COVID-19 in Wisconsin: 7-day average falls below 500 after 32 weeks. Retrieved on 3/10/22 from <https://www.wbay.com/2022/03/07/covid-19-wisconsin-7-day-average-falls-below-500-after-32-weeks/>

Pine Crest
 Person centered. Outcome focused.

Star of the Month

CONGRATULATIONS TARA LEIBERS!

Tara Liebers was chosen to be the Pine Crest Star of the Month for March 2022. Tara is always in harmony with the residents needs and always puts their best interest first. She is always here for her scheduled shifts and is willing to go above and beyond. When an issue arises she is one that will conquer that issue and find a solution. Tara is a big team player, she will jump in and help with laundry and move throughout the building to help where needed. She is always thinking of her coworkers when special events come up whether it is having a baby, an anniversary or a birthday! Working on NOC shift a lot of these things get missed by other staff but with Tara they seem to shine onto all the shifts and it is noticed. Way to be a STAR, Tara!!






Do you or someone you know use public transportation in Wausau? Clients? Families?



Public Input Needed for Transit Plan by March 21

Data collected will help inform the five-year plan

Wausau, Wis., March 9, 2022 – The Wausau Area Metropolitan Planning Organization (MPO), in partnership with Metro Ride, is seeking public input for the five-year transit plan.

The MPO serves the communities of: Kronenwetter, Maine, Mosinee, Rib Mountain, Rothschild, Schofield, Stettin, Wausau, and Weston. The Transit Plan is an important part of developing transportation strategies that support these communities in the Wausau metropolitan area.

The public is encouraged to complete a brief survey by March 21. The survey may be completed online at www.surveymonkey.com/r/MetroRide_Survey. Printed copies are also available at the Marathon County Public Library branches in Wausau, Rothschild, and Mosinee. To complete the survey by phone or to request a printed copy, please contact Nathan at nbubash@rlsandassoc.com or call 937-299-5007.

Data collected in the survey will help inform the five-year transit plan by evaluating current transit services for efficiency and future opportunities. Additionally, options for service outside the City of Wausau will be explored. Survey outcomes could result in recommendations for changes to Metro Ride.

A draft of the Transit Plan is expected to be available in June at which time there will be opportunity for the public to review the plan and provide additional input. Opportunities for public input will be posted on the Wausau MPO website at www.wausaumpo.org/events/.



CCITC NOTICES

Are You Missing Emails?

The HelpDesk has received several questions regarding missing emails. If you are missing an email that you were expecting, remember to check your junk mailbox for the missing emails. Instructions on how to disable junk mail is located on the O'Drive in the Information Systems Libraries folder – General Information: O:\Information Systems Libraries\General Information\Disable the junk Email.docx. Check your NCHC email for additional information.

Heightened Cybersecurity Threat Level

In light of recent world events, organizations and government agencies are at a heightened cybersecurity threat level. While we have important safeguards in place such as multi-factor authentication, it's important that we all remain vigilant and properly address any suspicious emails. IT security is everyone's responsibility and we each need to do our part to keep our systems secure.

Please take a moment to review the information below. This quick reference guide is a great refresher for us all on steps we can take in our daily work when we receive suspicious emails. As always, if you receive a suspicious message and you aren't sure what to do, please reach out to the IT Help Desk at 715-261-6710 for assistance.

Don't Take the Bait!

Follow these quick and easy steps to protect yourself and our technology systems against phishing attempts.



Carefully examine the email:

- Look closely at the sender's email address
 - We tag emails from outside our organization as [EXTERNAL].
 - We also tag suspected SPAM emails as [BULK] or [MARKETING].
- Check that the sender's email domain matches their company name. Legit companies don't use gmail or office.com accounts.
- Never click on links from emails – always open your browser and go to the site yourself by typing it in or using Google to check it.



Recognize the red flags:

- Misspelled words and poor grammar
- Requests to verify your password or account
- Unsolicited attachments
- Impersonal greetings (not greeting you by name)



When you receive a suspicious email:

- Do not open any attachments
- Delete junk mail without opening
- Block spam messages by right click on the message without opening it, select "junk," then "block sender"
- Do not click unsubscribe unless you are sure you subscribed
- Do not reply to or forward the email.

If you are interested in additional information on cybersecurity safety, please visit the CCITC Intranet page.



I don't think of myself as a caregiver. I'm his daughter. He needs me. And because he needs me, I know I need to take care of myself. Powerful Tools helped me do that.

Caregiving is rewarding. But it can be challenging too.

Caring for someone with an injury or illness — such as dementia, cancer, heart disease, Parkinson's disease, stroke or others — can be physically, emotionally and financially demanding.

Taking care of yourself is important.

Powerful Tools for Caregivers (PTC) can show you the way!

What is Powerful Tools for Caregivers? And why should I take it?

Powerful Tools focuses on **your** well-being. The class meets once a week for six weeks and has been studied and shown to help family caregivers:

- Reduce stress, guilt, anger, and depression and improve emotional well-being
- Manage time, set goals, and solve problems
- Master caregiving transitions and be part of decision-making
- Communicate effectively with the person needing care, family members, doctors, and other helpers
- Find and use community resources

There's a Powerful Tools for Caregivers workshop starting soon near you!

Class Schedule:

Virtual - Every Wednesday from April 6, 2022 through May 11, 2022 (10:00 - 11:45am)

Wausau in-person - Every Thursday from April 7, 2022 through May 12, 2022 (2:00 - 3:45pm)

The virtual class requires access to the internet, along with a computer, tablet, or smart phone.

(If interested in using ADRC technology, please inquire)

Please call 1-888-486-9545 for questions or to sign up.





Tyler



Dana

Celebrating National Registered Dietitian Nutritionist Day!!

In March, the Academy of Nutrition and Dietetics focuses attention on healthful eating through National Nutrition Month® and honors the food and nutrition experts on March 9: Registered Dietitian Nutritionist Day. Registered dietitian nutritionists develop individualized eating and physical activity plans to meet health goals. Thanks to NCHC's Dietitians Kris Gage and Dana Kodl at Mount View Care Center and Tyler Mathews at Pine Crest for their work to keep those we serve eating healthy!



Kris

In the **NEW Mount View Building**
WAUSAU CAMPUS CAFÉ

Grab-N-Go



Monday – Friday
9 am – 5:30 pm



Breakfast 9:00 am

Lunch 11 am – 1:30 pm
Hot Food Bar \$.45/ounce

9 am – 5:30 pm

Grab 'n Go Sandwiches, Soups & Salads, Juice, Water, Snacks

What's For Lunch?

MARCH 14 – 18, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>main course</i> Beef Stroganoff Wax Beans Noodles	Roast Pork and Gravy Corn O'brien Mashed Potatoes	Meat Lasagna Green Peas Garlic Breadsticks	Corned Beef Steamed Cabbage Boiled Potatoes	Baked Fish Fillet Seasoned Brussel Sprouts Hashbrowns
<i>dessert</i> Apple Crisp	Blushing Pears	Pineapple Upsidedown Cake	Pineapple	Cherry Delight
<i>soup of the day</i> Pasta Fagoloi Soup	To Be Announced	Vegetable Beef Soup	Cheddar Cheese Soup	Chili



THE BISTRO

MONDAY – FRIDAY | 7:30AM – 3PM
HOT FOOD AVAILABLE UNTIL 2:30PM

SPECIALS

UPCOMING PANINIS OF THE WEEK

MARCH 14 | REUBEN PANINI | \$5.50

CORNEB BEEF | SWISS | 1000 ISLAND | SAUERKRAUT

MARCH 21 | ITALIAN PANINI | \$6.00

HAM | TURKEY | SALAMI | BANANA PEPPERS
PROVOLONE | ITALIAN DRESSING

MARCH 28 | BEEF & CHEDDAR PANINI | \$5.50

THICK SLICED ROAST BEEF | CHEDDAR
RAW ONION | HORSERADISH MAYO

FEATURED MARCH DESSERT



DOUBLE CHOCOLATE PEANUT BUTTER BANANA TOAST \$3.50

BANANA | CHOCOLATE CHIPS | PEANUT BUTTER
CHOCOLATE SAUCE | CINNAMON SWIRL BREAD
POWDERED SUGAR | *SERVED OPEN FACED*



◀ NEW THIS WEEK AVOCADO TOAST!

MENU

COFFEE

	16oz	20oz
CAPPUCCINO	3.50	4.00
LATTE/CHAI LATTE	3.50	4.00
AMERICANO	3.00	3.50
MACCHIATO	3.25	3.75
COFFEE	1.50	2.00
ICED COFFEE	1.50	2.00
HOT CHOCOLATE	2.00	2.50
HOT TEA	1.50	
FLAVOR SHOTS	.50	.50
VANILLA *SALTED CARAMEL* RASPBERRY IRISH CREAM MOCHA PEPPERMINT WHITE CHOCOLATE *SF AVAILABLE		
ESPRESSO SHOT	1.00	1.00

FOOD + BAKERY

SCONES	2.00
MUFFINS	2.00
BAGELS	2.00
M&M CHOCO CHIP COOKIE	1.25
MARSHMALLOW CRISPY BAR	1.75
PEANUT BUTTER CRISPY BAR	2.00
CHEESECAKE	2.00 - 3.00
PUFF PASTRY	1.50
BREAKFAST SANDWICH	3.00
BREAKFAST SANDWICH W/MEAT	4.00
PANINI	3.50 - 5.25
CALZONE	4.50 - 5.00

CASH, CREDIT OR QUICKCHARGE PAYMENTS ACCEPTED | ALL SALES SUBJECT TO SALES TAX