



2019-2020
School Year

AUGUST MENU

Elementary &
Jr./Sr. High Schools

NORTHWOOD-KENSETT

COMMUNITY SCHOOL DISTRICT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
5	6	7	8	9
12	13 14 15 SALAD BAR AVAILABLE DAILY AT THE JR./SR. HIGH SCHOOL			16
19	20	21	22	23 BREAKFAST: Iced Long John Toast/Cereal,Fruit Juice, Milk LUNCH: Hot Dog/Chili Dog Potato Wedges* Baked Beans, Cucumbers, Cookie(E) Fruit, Milk
26 BREAKFAST: Yogurt Parfaits/ Toast/Cereal, Fruit,Juice,Milk LUNCH: Crispitos , California Blend Veggie,Lettuce, Fruit Milk	27 BREAKFAST: Muffin/Toast/ Cereal, Fruit, Juice, Milk LUNCH: Crispy Chicken Strip Wrap w/Toppings, Glazed Carrots, Cucumber FF, Fruit, Milk	28 BREAKFAST: French Toast Sticks/Toast/Cereal, Fruit, Juice, Milk LUNCH: Spaghetti & Meat Sauce, Garlic Twist Breadstick, Lettuce Salad w/Grape Tomatoes, Fruit, Milk	29 BREAKFAST: Muffin/Toast/ Cereal, Fruit, Juice, Milk LUNCH: Ham & Turkey Sub, Baked Beans, Baby Carrots FF, Fruit, Milk	30 BREAKFAST: Scrambled Eggs & Ham/Toast/Cereal, Fruit, Juice, Milk LUNCH: Sloppy Joe on Bun, Crinkle Cut Fries, Broccoli, Fruit, Milk

All bread/buns are whole grain-rich
All milk is 1% low-fat or fat-free

MENU SUBJECT TO CHANGE

© 2019-20 Northwood-Kensett CSD. This institution is an equal opportunity provider.

* = Jr./Sr. High only, E = Elementary only
FF = Finger Foods