

BREAKFAST & LUNCH



2018-2019
School Year

FEBRUARY MENU

Elementary &
Jr./Sr. High Schools

NORTHWOOD-KENSETT

COMMUNITY SCHOOL DISTRICT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SALAD BAR AVAILABLE DAILY AT THE JR./SR. HIGH SCHOOL</p>				<p>1 BREAKFAST: Colby Cheese Omelet Toast/Cereal, Fruit, Juice, Milk LUNCH: Chicken Fajitas H.S. Chicken Strips Elem. Green Beans, Glazed Carrots, Cookie, Fruit, Milk</p>
<p>4 BREAKFAST: Oatmeal Toast/Cereal, Fruit, Juice, Milk LUNCH: Chicken Nuggets Chessy Potatoes, Broccoli, Tea Roll, Fruit, Milk</p>	<p>5 BREAKFAST: Muffin/Toast/ Cereal, Fruit, Juice, Milk LUNCH: Walking Taco, Black Bean Salsa Salad *Corn, Baby Carrots FF, Rice Krispie Treat,* Fruit, Milk</p>	<p>6 1:30 EARLY OUT BREAKFAST: Long Johns Toast/Cereal, Fruit, Juice, Milk LUNCH: Creamed Chicken Gravy, Biscuit and or Mashed Potatos, Glazed Carrots, Fruit,Milk</p>	<p>7 BREAKFAST: Muffin/Toast/ Cereal, Fruit, Juice, Milk LUNCH: Corn Dog, Crinkle Cut Fries, Baked Beans, Radishes,* Fruit, Milk</p>	<p>8 BREAKFAST: Scrambled Eggs & Sausage Links/ Cereal, Fruit, Juice, Milk LUNCH: Salisbury Steak, Mashed Potatoes, Green Beans, Dinner Roll, Cookie,* Fruit, Milk</p>
<p>11 CLOSED No School</p>	<p>12 BREAKFAST: Muffin/Toast/ Cereal, Fruit, Juice, Milk LUNCH: Lasagna, Lettuce Salad, Glazed Carrots, Garlic Twist Breadstick, Fruit, Milk</p>	<p>13 BREAKFAST: Donut Holes* Powdered Sugar Donuts Toast/Cereal, Fruit, Juice, Milk LUNCH: Cheddarwurst on Bun Baked Beans, Chips* Cucumbers,Fruit,Milk,</p>	<p>14 BREAKFAST: Muffin/Toast/ Cereal, Fruit, Juice, Milk LUNCH: Beef Tacos, Corn*, Refried Beans , Baby Carrots, Cookie* Fruit, Milk</p>	<p>14 BREAKFAST: Pancakes Toast/Cereal, Fruit, Juice, Milk LUNCH: Popcorn Chicken, Mashed Potatoes, California Blend, Veggie, Tea Roll, Fruit, Milk</p>
<p>18 BREAKFAST: Sausage & Pancake B-fast Stick/ Toast/Cereal, Fruit, Juice, Milk LUNCH: Beef Nachos ,Broccoli,Corn*, Fruit, Milk</p>	<p>19 BREAKFAST: Muffin/Toast/ Cereal, Fruit, Juice, Milk LUNCH: Pulled Pork on Bun,Mac-n-Cheese, Green Beans, Coleslaw* Cauliflower, Fruit, Milk</p>	<p>20 BREAKFAST: Long Johns Toast/Cereal, Fruit, Juice, Milk LUNCH: Cheesy Breadstick& Meat Sauce Lettuce Salad w/ Grape Tomatoes*, Corn, Baby Carrots, Fruit, Milk</p>	<p>21 BREAKFAST: Muffin/Toast/ Cereal, Fruit, Juice, Milk LUNCH: : Choice of Chili or Chicken Noodle Soup, Glazed Carrots, Asparagus, Cinnamon Roll, Fruit, Milk</p>	<p>22 BREAKFAST: Scrambled Eggs & Sausage Links /Toast/Cereal, Fruit, Juice, Milk LUNCH: : Choice of Hot Dog or Chili Dog, Potato Wedges*, Baked Beans, Cucumber (E), Fruit, Milk</p>
<p>25 BREAKFAST: Yogurt Parfaits Toast/Cereal, Fruit, Juice, Milk LUNCH: Crisпитos, California Blend Veggie, Lettuce, Cookie* Fruit, Milk</p>	<p>26 BREAKFAST: Muffin/Toast/ Cereal, Fruit, Juice, Milk LUNCH: Crispy Chicken Wrap, Glazed Carrots, Baked Bean, Cucumbers, Fruit, Milk</p>	<p>27 BREAKFAST: French Toast Sticks, Toast/Cereal/Fruit, Juice, Milk LUNCH: Spaghetti w/Meat Sauce, Garlic Twist Breadstick, Lettuce Salad, Baby Carrots, Fruit, Milk</p>	<p>28 BREAKFAST: Muffin/Toast/ Cereal, Fruit, Juice, Milk LUNCH: Grilled Cheese Sandwich, Tomatoe Soup, Broccoli, Cottage Cheese, Fruit, Milk</p>	

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

MENU SUBJECT TO CHANGE

© 2018-19 Northwood-Kensett CSD. This institution is an equal opportunity provider.

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

BREAKFAST & LUNCH



2018-2019
School Year

FEBRUARY MENU

Elementary &
Jr./Sr. High Schools

NORTHWOOD-KENSETT

COMMUNITY SCHOOL DISTRICT