

BREAKFAST & LUNCH



2017-2018
School Year

JANUARY MENU

Elementary &
Jr./Sr. High Schools

NORTHWOOD-KENSETT

COMMUNITY SCHOOL DISTRICT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED Winter Break	2 CLOSED Winter Break	3 BREAKFAST: Yogurt Parfaits/ Toast/Cereal, Fruit, Juice, Milk LUNCH: Breaded Chicken Patty Sandwich, Potato Wedges, Broccoli, Fruit, Milk	4 BREAKFAST: Muffin/Toast/ Cereal, Fruit, Juice, Milk LUNCH: Cheeseburger Pizza, Glazed Carrots, Cucumber & Cauliflower FF, Fruit, Milk	5 BREAKFAST: Pancakes/Toast/ Cereal, Fruit, Juice, Milk LUNCH: Beef Tacos, Corn*, Refried Beans*, Baked Beans (E), Baby Carrots, Fruit, Milk
8 BREAKFAST: Sausage & Pancake Breakfast Stick/ Toast/Cereal, Fruit, Juice, Milk LUNCH: Grilled Cheese Sandwich, Tomato Soup, Cottage Cheese, Broccoli, Fruit, Milk	9 BREAKFAST: Muffin/Toast/ Cereal, Fruit, Juice, Milk LUNCH: Pulled Pork Sandwich, Mac-n-Cheese, Green Beans, Coleslaw*, Cauliflower FF, Fruit, Milk	10 1:30 EARLY OUT BREAKFAST: Iced Long John/ Toast/Cereal, Fruit, Juice, Milk LUNCH: Cheesy Breadsticks & Dippin' Meat Sauce, Lettuce Salad*, Corn, Baby Carrots FF, Fruit, Milk	11 BREAKFAST: Muffin/Toast/ Cereal, Fruit, Juice, Milk LUNCH: Choice of Chili or Chicken Noodle Soup, Glazed Carrots, Asparagus, Cinnamon Roll, Fruit, Milk	12 BREAKFAST: Oatmeal with Toppings/Toast/Cereal, Fruit, Juice, Milk LUNCH: Choice of Hot Dog or Chili Dog, Potato Wedges*, Baked Beans, Cucumber FF, Fruit, Milk
15 BREAKFAST: Yogurt Parfaits/ Toast/Cereal, Fruit, Juice, Milk LUNCH: Crispy Chicken Wrap w/Toppings, Glazed Carrots, Cucumber FF*, Fruit, Milk	16 BREAKFAST: Muffin/Toast/ Cereal, Fruit, Juice, Milk LUNCH: Spaghetti w/Meat Sauce, Garlic Twist Breadstick, Lettuce Salad, Baby Carrots, Fruit, Milk	17 BREAKFAST: French Toast Sticks/Toast/Cereal, Fruit, Juice, Milk LUNCH: Corn Dog, Crinkle Cut Fries*, Baked Beans, Cookie(E), Fruit, Milk	18 BREAKFAST: Muffin/Toast/ Cereal, Fruit, Juice, Milk LUNCH: Baked Potato Bar, Broccoli, Homemade Muffin, Fruit, Milk	19 BREAKFAST: Scrambled Eggs & Ham/Toast/Cereal, Fruit, Juice, Milk LUNCH: Beef Nachos w/Toppings, Corn*, Green Beans, Fruit, Milk
22 BREAKFAST: Sausage*, Egg & Cheese Croissant/Toast/Cereal, Fruit, Juice, Milk LUNCH: Choice of Hamburger or Cheeseburger, Crinkle Cut Fries, Baked Beans, Fruit, Milk	23 BREAKFAST: Muffin/Toast/ Cereal, Fruit, Juice, Milk LUNCH: Orange Chicken over Rice, Broccoli, Cauliflower FF, Dinner Roll, Fruit, Milk	24 1:30 EARLY OUT BREAKFAST: Choice of Chocolate or Powdered Sugar Mini Donuts/Toast/Cereal, Fruit, Juice, Milk LUNCH: Cheese Pizza, Lettuce Salad*, Garlic Butter Veggies, Baby Carrots, Fruit, Milk	25 BREAKFAST: Muffin/Toast/ Cereal, Fruit, Juice, Milk LUNCH: Breaded Pork Steak, Mashed Potatoes, Green Beans, Dinner Roll, Fruit, Milk	26 BREAKFAST: Colby Cheese Omelet/Toast/Cereal, Fruit, Juice, Milk LUNCH: Chicken & Noodles, Glazed Carrots, Asparagus, Dinner Roll, Fruit, Milk
29 BREAKFAST: Oatmeal with Toppings/Toast/Cereal, Fruit, Juice, Milk LUNCH: Chicken Nuggets, Cheesy Potatoes, Broccoli, Dinner Roll, Fruit, Milk	30 BREAKFAST: Muffin/Toast/ Cereal, Fruit, Juice, Milk LUNCH: Walking Tacos, Black Bean Salsa Salad*, Corn, Baby Carrots FF, Fruit, Milk	31 BREAKFAST: Iced Long John/ Toast/Cereal, Fruit, Juice, Milk LUNCH: Creamed Chicken over Biscuit* and/or Mashed Potatoes, Tea Roll(E), Glazed Carrots, Fruit, Milk	SALAD BAR AVAILABLE DAILY AT THE JR./SR. HIGH SCHOOL	

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

MENU SUBJECT TO CHANGE

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