

BREAKFAST & LUNCH



MAY MENU

2018-2019
School Year

Elementary &
Jr./Sr. High Schools

NORTHWOOD-KENSETT

COMMUNITY SCHOOL DISTRICT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SALAD BAR AVAILABLE AT THE JR./SR HIGH SCHOOL</p>		<p>1 BREAKFAST: Donut Holes/Powdered Donuts* Toast/Cereal, Fruit, Juice, Milk LUNCH: Cheddarwurst on Bun, Chips*, Baked Beans, Baby Carrots FF, Fruit, Milk</p>	<p>2 BREAKFAST: Muffin/Toast/ Cereal, Fruit, Juice, Milk LUNCH: Tacos, Corn* Refried Beans, Baby Carrots, Cookie* Fruit, Milk</p>	<p>3 BREAKFAST: Pancakes, Toast/Cereal, Fruit, Juice, Milk LUNCH: Popcorn Chicken, Mashed Potatoes, California Blend Veggies, Tea Roll, Fruit, Milk</p>
		<p>6 BREAKFAST: Sausage Pancake Breakfast Stick, Toast/Cereal, Fruit, Juice, Milk LUNCH: : Beef Nachos w/Toppings, Corn, Fruit, Milk</p>	<p>7 BREAKFAST: Muffin/Toast/ Cereal, Fruit, Juice, Milk LUNCH: Pulled Pork Sandwich, Mac-n-Cheese, Green Beans, Coleslaw, Fruit, Milk</p>	<p>8 BREAKFAST: Iced Long John/ Toast/Cereal, Fruit, Juice, Milk LUNCH: (E)Cheesy Breadsticks & Meat Sauce, Lettuce Salad*, Broccoli, Fruit, (H.S.)Grilled Hamburgers</p>
<p>13 BREAKFAST: Yogurt Parfaits, Toast/Cereal/Fruit/Juice, Milk LUNCH: Crispitos, California Blend Veggies, Lettuce, Cookie* Fruit, Milk</p>	<p>14 BREAKFAST: Muffin/Toast/ Cereal, Fruit, Juice, Milk LUNCH: ,Chicken Strip Wrap, Glazed Carrots, Baked Beans, Cucumbers, Fruit, Milk</p>	<p>15 BREAKFAST: French Toast Sticks, Toast/Cereal, Fruit, Juice, Milk LUNCH:Spaghetti w/Meatsauce Garlic Breadsticks, Lettuce Salad, Tomatos, Fruit, Milk</p>	<p>16 BREAKFAST: Muffin/Toast/ Cereal, Fruit, Juice, Milk LUNCH:Tomato Soup Grilled Cheese Sandwich, Broccoli, Cottage Cheese, Fruit, Milk</p>	<p>17 BREAKFAST: Scrambled Eggs & Ham, Toast/Cereal/Fruit, Juice, Milk LUNCH: Sloppy Joes Crinkle Cut Fries, Greens Beans Fruit, Milk</p>
<p>20 BREAKFAST: Sausge* Egg, & Cheese Croissant, Toast/ Cereal, Fruit, Juice, Milk LUNCH: Breaded Pork Steak, Mashed Potatoes, Green Beans, Dinner Roll Fruit, Milk</p>	<p>21 BREAKFAST: Muffin/Toast/ Cereal, Fruit, Juice, Milk LUNCH: Cheese Pizza Lettuce Salad w/Grape Tomatos* Garlic Butter Veggies, Baby Carrots. Fruit, Milk</p>	<p>22 BREAKFAST: Sugar Cinnamon Snack Bread, Toast/Cereal/ Fruit, Juice, Milk LUNCH:Orange Chicken, Rice Broccoli Cauliflower, Dinner Roll Fruit, Milk</p>	<p>23 BREAKFAST: Muffin/Toast/ Cereal, Fruit, Milk Juice LUNCH:Hamburger/ Cheeseburger on Bun, Crinkle Cut Fries, Baked Beans , Tomato Slices,, Fruit, Milk</p>	<p>24 BREAKFAST: Colby Cheese Omelet, Toast/Cereal/Fruit , Juice, Milk LUNCH:Chiken Faitas Glazed carrots, Green Beans Cookie, Fruit , Mil</p>
<p>27 MEMORIAL DAY NO SCHOOL</p>	<p>28 BREAKFAST: Muffin/Toast/ Cereal, Fruit, Juice, Milk LUNCH:Ham & Turkey Subs Chips ,Baby Carrots Lettuce, Tomato Fruit, Milk</p>	<p>29 BREAKFAST: Iced Long Johns./Toast/Cereal, Fruit, Juice, Milk LUNCH: Chicken Patty on Bun, Tator Tots, Broccoli, Fruit, Milk,</p>	<p>30 BREAKFAST: Muffin/Toast/ Cereal, Fruit, Juice, Milk LUNCH: Tacos, Refried Beans Corn *Baby Carrots, Cookie, Fruit, Milk</p>	<p>31 Students Last Day BREAKFAST: Breakfast Pizza, Toast/Cereal/Fruit Juice, Milk LUNCH: Corn Dog, Baked Beans, Crinkled cut Fries Radishes*, Fruit, Milk</p>

MENU SUBJECT TO CHANGE

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

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

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