



2018-2019  
School Year

# NOVEMBER MENU

Elementary &  
Jr./Sr. High Schools

NORTHWOOD-KENSETT

COMMUNITY SCHOOL DISTRICT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>SALAD BAR AVAILABLE DAILY AT THE JR./SR. HIGH SCHOOL (except as noted)</b></p>			<p><b>1</b> <b>BREAKFAST:</b> Muffin/Toast/ Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Chili or Chicken Noodle Soup, Glazed Carrots Asparagus, Homemade Cinnamon Roll, Crackers, Fruit, Milk</p>	<p><b>2</b> <b>BREAKFAST:</b> Scrambled Eggs &amp; Sausage Links/Toast/Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Hot Dog /Chili Dog Potato Wedges, Baked Beans Cucumbers, Fruit, Cookie (E) Milk</p>
<p><b>5</b> <b>BREAKFAST:</b> Yogurt Parfait/ Toast/Cereal Fruit, Juice, Milk <b>LUNCH:</b> Crisпитos, Corn, Lettuce, Cookie*, Fruit, Milk</p>	<p><b>6</b> <b>BREAKFAST:</b> Muffin/Toast/ Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Crispy Chicken Wrap Glazed Carrots, Baked Beans Cucumbers FF, Fruit, Milk</p>	<p><b>7 1:30 EARLY OUT</b> <b>BREAKFAST:</b> Fr. Toast Sticks/ Toast / Cereal Fruit, Juice, Milk <b>LUNCH:</b> Spaghetti w/Meatsauce, Garlic Breadsticks Lettuce Salad/w Grape Tomatoes, Fruit, Milk</p>	<p><b>8</b> <b>BREAKFAST:</b> Muffin/Toast/ Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Grilled Cheese Sandwich, Tomato Soup Broccoli, Cottage Cheese, Fruit, Milk</p>	<p><b>9</b> <b>BREAKFAST:</b> Colby Cheese Omelet/Toast/Cereal, Fruit, Juice, Milk <b>LUNCH:</b> TatorTot Casserole Green Beans ,Baby Carrots FF Tea Roll, Fruit, Milk</p>
<p><b>12</b> <b>BREAKFAST:</b> Sausage* Egg, &amp; Cheese Croissant/Toast/Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Breaded Pork Steak Mashed Potatoes, Peas, Dinner Roll, Fruit, Milk</p>	<p><b>13</b> <b>BREAKFAST:</b> Muffin/Toast/ Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Cheese Pizza Lettuce Salad*w/Grape Tomatoes Garlic butter Veggies Baby Carrots, Fruit, Milk</p>	<p><b>14</b> <b>BREAKFAST:</b> Sugar &amp; Cinnamon Snack Bread, Toast/Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Orange Chicken, Rice Broccoli Cauliflower FF, Dinner Roll, Cookie* Fruit, Milk</p>	<p><b>15</b> <b>BREAKFAST:</b> Muffin/Toast/ Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Hamburger/ Cheeseburger, Crinkle Cut Fries Baked Beans Tomato Slices*, Fruit, Milk</p>	<p><b>16 THANKSGIVING LUNCH</b> <b>BREAKFAST:</b> Scrambled Eggs &amp; Ham /Toast/Cereal, Fruit, Juice, Milk <b>LUNCH:</b> : <b>NO SALAD BAR</b> Roasted Turkey, Mashed Potatoes, Green Bean Casserole, Dinner Roll, Cinnamon ,Cherry fluff, Pumpkin Dessert, Milk</p>
<p><b>19</b> <b>BREAKFAST:</b> Oatmeal w/toppings/ Toast/Cereal, Fruit, Juice, Milk <b>LUNCH: NO SALAD BAR</b> Chicken Nuggets, Cheesy Potatoes, Broccoli, Tea Roll Fruit, Milk</p>	<p><b>20 1:30 EARLY OUT</b> <b>BREAKFAST:</b> Muffin/Toast/ Cereal, Fruit, Juice, Milk <b>LUNCH: NO SALAD BAR</b> Walking Tacos, Black Bean Salad*, Corn, Baby Carrots FF Rice Krispie Bar, Fruit, Milk</p>	<p><b>21</b> <b>CLOSED</b> <b>Thanksgiving Holiday</b></p>	<p><b>22</b> <b>CLOSED</b> <b>Thanksgiving Holiday</b></p>	<p><b>23</b> <b>CLOSED</b> <b>Thanksgiving Holiday</b></p>
<p><b>26</b> <b>BREAKFAST:</b> Breakfast Pizaae/&amp; Toast/Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Breaded Chicken Patty on Bun, Potato Wedges, Broccoli, Fruit, Milk</p>	<p><b>27</b> <b>BREAKFAST:</b> Muffin/Toast/ Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Lasgna, Garlic Breadsticks, Lettuce Salad w/ Grape Tomatoes, Glazed Carrots. Fruit, Milk</p>	<p><b>28</b> <b>BREAKFAST:</b> Donut Holes / Toast/Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Cheddarwurst on Bun Chips*, Baked Beans, Cucumbers Fruit, Milk</p>	<p><b>29</b> <b>BREAKFAST:</b> Muffin/Toast/ Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Beef Tacos, Corn* Refried Beans, Baby Carrots, Fruit, Milk</p>	<p><b>30</b> <b>BREAKFAST:</b> Pancakes/ Toast/Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Popcorn Chicken, Mashed Potatoes, Green Beans, Dinner Roll, Fruit, Milk</p>

**MENU SUBJECT TO CHANGE**

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

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

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