

BREAKFAST & LUNCH



2019-2020  
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> Scrambled Eggs &amp; Sausage Links/Toast/Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Chili or Chicken Noodle Soup, Baby Carrots, Calif. Blend Veggie, Homemade Cinnamon Roll, Crackers, Fruit, Milk</p>
<p><b>4</b> <b>BREAKFAST:</b> Colby Cheese Omelet, Toast/Cereal/ Fruit, Juice/ Milk <b>LUNCH:</b> Crisпитos, Green, Beans, Lettuce, Cookie*, Fruit, Milk</p>	<p><b>5</b> <b>BREAKFAST:</b> Muffin/Toast/ Cereal/Yogurt, Fruit, Juice, Milk <b>LUNCH:</b> Crispy Chicken Wrap Glazed Carrots, Onion Rings, Cucumbers FF, Fruit, Milk</p>	<p><b>6</b> <b>BREAKFAST:</b> French Toast Stick Toast / Cereal/ Fruit, Juice, Milk <b>LUNCH:</b> Spaghetti w/Meatsauce, Garlic Breadsticks, Lettuce Salad Grape Tomatoes, Fruit, Milk</p>	<p><b>7</b> <b>BREAKFAST:</b> Muffin/Toast/ Cereal/Yogurt/ Fruit, Juice, Milk <b>LUNCH:</b> Grilled Cheese Sandwich, Tomato Soup Broccoli, Cottage Cheese, Fruit, Milk</p>	<p><b>8</b> <b>BREAKFAST:</b> Scrambled Eggs &amp; Ham, Toast/Cereal, Juice, Milk <b>LUNCH:</b> Chicken-n-Waffle Bites Hashbrown patty, California Blend, Fruit, Milk</p>
<p><b>11</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>12</b> <b>BREAKFAST:</b> Muffin/Toast/ Cereal/ Yogurt /Fruit, Juice, Milk <b>LUNCH:</b> Cheese Pizza Lettuce Salad*w/Grape Tomatoes Garlic butter Veggies Baby Carrots, Fruit, Milk</p>	<p><b>13 1:30 EARLY OUT</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>14</b> <b>BREAKFAST:</b> Muffin/Toast/ Cereal/Yogurt, Fruit, Juice, Milk <b>LUNCH:</b> Hamburger/ Cheeseburger, Crinkle Cut Fries Baked Beans Tomato Slices Fruit, Milk</p>	<p><b>15</b> <b>BREAKFAST:</b> : Colby Cheese Omelet/Toast/Cereal, Fruit <b>LUNCH:</b> <b>Chicken Fajitas (H.S.)</b> Chicken Strips (E) Glazed Carrots, Lettuce, Cookie Fruit, Milk</p>
<p><b>18</b> <b>BREAKFAST:</b> Oatmeal w/toppings/ Toast/Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Chicken Nuggets, Cheesy Potatoes, Broccoli, Tea Roll, Fruit, Milk</p>	<p><b>19</b> <b>BREAKFAST:</b> Muffin/Toast/ Cereal, Yogurt, Fruit, Juice, Milk <b>LUNCH:</b> Walking Tacos, Black Bean Salad*, Corn, Baby Carrots, Rice Krispie Bar*, Fruit, Milk</p>	<p><b>20</b> <b>BREAKFAST:</b> Iced Long John Toast/Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Corn Dogs, Baked Beans, Crinkle Cut Fries Radishes, Fruit, Milk</p>	<p><b>21 THANKSGIVING LUNCH</b> <b>BREAKFAST:</b> Muffin/Toast/ Cereal, Yogurt, Fruit, Juice, Milk <b>LUNCH:</b> : <b>NO SALAD BAR</b> Roasted Turkey, Mashed Potatoes, Green Bean Casserole, Dinner Roll, Pumpkin Dessert Cinnamon Applesauce, Milk</p>	<p><b>22</b> <b>BREAKFAST:</b> Scrambled Eggs &amp; Sausage. Links /Toast/Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Chicken Quesidilla, Spanish Rice, Squash, Refried Beans* Red Peppers Fruit, Milk</p>
<p><b>25</b> <b>BREAKFAST:</b> Breakfast Pizza Toast/Cereal, Fruit, Juice, Milk <b>LUNCH:</b> <b>NO SALAD BAR</b> Breaded Chicken Patty on Bun, Tator Tots, Broccoli, Fruit, Milk</p>	<p><b>26 1:30 EARLY OUT</b> <b>BREAKFAST:</b> Muffin/Toast/ Cereal Yogurt, Fruit, Juice, Milk <b>LUNCH:</b> <b>NO SALAD BAR</b> Cheddarwurst on Bun, Chips* Baked Beans, Cucumbers Fruit, Milk</p>	<p><b>27</b> <b>CLOSED</b> <b>Thanksgiving Holiday</b></p>	<p><b>28</b> <b>CLOSED</b> <b>Thanksgiving Holiday</b></p>	<p><b>29</b> <b>CLOSED</b> <b>Thanksgiving Holiday</b></p>

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  
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