

BREAKFAST & LUNCH



2017-2018
School Year

OCTOBER MENU

Elementary &
Jr./Sr. High Schools

NORTHWOOD-KENSETT

COMMUNITY SCHOOL DISTRICT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>BREAKFAST: Sausage*, Egg & Cheese Croissant/Toast/Cereal, Fruit, Juice, Milk</p> <p>LUNCH: Hamburger or Cheeseburger, Crinkle Cut Fries, Baked Beans, Fruit, Milk</p>	<p>3</p> <p>BREAKFAST: Muffin/Toast/Cereal, Fruit, Juice, Milk</p> <p>LUNCH: Orange Chicken over Rice, Broccoli, Cauliflower FF, Dinner Roll, Fruit, Milk</p>	<p>4</p> <p>BREAKFAST: Chocolate Mini Donuts/Toast/Cereal, Fruit, Juice, Milk</p> <p>LUNCH: Cheese Pizza, Lettuce Salad*, Garlic Butter Veggies, Baby Carrots, Fruit, Milk</p>	<p>5</p> <p>BREAKFAST: Muffin/Toast/Cereal, Fruit, Juice, Milk</p> <p>LUNCH: Breaded Pork Steak, Mashed Potatoes, Green Beans, Dinner Roll, Fruit, Milk</p>	<p>6</p> <p>BREAKFAST: Colby Cheese Omelet/Toast/Cereal, Fruit, Juice, Milk</p> <p>LUNCH: Chicken & Noodles, Glazed Carrots, Asparagus, Dinner Roll, Fruit, Milk</p>
<p>9</p> <p>BREAKFAST: Oatmeal with Toppings/Toast/Cereal, Fruit, Juice, Milk</p> <p>LUNCH: Chicken Nuggets, Cheesy Potatoes, Broccoli, Dinner Roll, Fruit, Milk</p>	<p>10</p> <p>BREAKFAST: Muffin/Toast/Cereal, Fruit, Juice, Milk</p> <p>LUNCH: Walking Tacos, Black Bean Salsa Salad*, Corn, Baby Carrots FF, Dessert Treat, Fruit, Milk</p>	<p>11 1:30 EARLY OUT</p> <p>BREAKFAST: Iced Long John/Toast/Cereal, Fruit, Juice, Milk</p> <p>LUNCH: Creamed Chicken over Biscuit* and/or Mashed Potatoes, Glazed Carrots, Fruit, Milk</p>	<p>12</p> <p>BREAKFAST: Muffin/Toast/Cereal, Fruit, Juice, Milk</p> <p>LUNCH: Corn Dog, Crinkle Cut Fries, Baked Beans, Fruit, Milk</p>	<p>13</p> <p>BREAKFAST: Scrambled Eggs & Sausage Links/Toast/Cereal, Fruit, Juice, Milk</p> <p>LUNCH: Salisbury Steak, Mashed Potatoes, Green Beans, Dinner Roll, Fruit, Milk</p>
<p>16</p> <p>BREAKFAST: Bacon Scramble Breakfast Pizza/Toast/Cereal, Fruit, Juice, Milk</p> <p>LUNCH: Breaded Chicken Patty Sandwich, Potato Wedges, Broccoli, Fruit, Milk</p>	<p>17</p> <p>BREAKFAST: Muffin/Toast/Cereal, Fruit, Juice, Milk</p> <p>LUNCH: Lasagna, Lettuce Salad, Glazed Carrots, Garlic Twist Breadstick, Fruit, Milk</p>	<p>18</p> <p>BREAKFAST: Yogurt Parfaits/Toast/Cereal, Fruit, Juice, Milk</p> <p>LUNCH: Canadian Bacon Pizza, Garlic Butter Veggies, Cucumber & Cauliflower FF, Fruit, Milk</p>	<p>19</p> <p>BREAKFAST: Muffin/Toast/Cereal, Fruit, Juice, Milk</p> <p>LUNCH: Beef Tacos, Corn*, Refried Beans*, Baked Beans (E), Baby Carrots, Fruit, Milk</p>	<p>20</p> <p>BREAKFAST: Pancakes/Toast/Cereal, Fruit, Juice, Milk</p> <p>LUNCH: Popcorn Chicken, Mashed Potatoes, Green Beans, Dinner Roll, Fruit, Milk</p>
<p>23</p> <p>BREAKFAST: Sausage & Pancake Breakfast Stick/Toast/Cereal, Fruit, Juice, Milk</p> <p>LUNCH: Grilled Cheese Sandwich, Tomato Soup, Cottage Cheese, Broccoli, Fruit, Milk</p>	<p>24</p> <p>BREAKFAST: Muffin/Toast/Cereal, Fruit, Juice, Milk</p> <p>LUNCH: Pulled Pork Sandwich, Mac-n-Cheese, Green Beans, Coleslaw*, Cauliflower FF, Fruit, Milk</p>	<p>25 1:30 EARLY OUT</p> <p>BREAKFAST: Iced Long John/Toast/Cereal, Fruit, Juice, Milk</p> <p>LUNCH: Cheesy Breadsticks & Dippin' Meat Sauce, Lettuce Salad*, Corn, Baby Carrots FF, Fruit, Milk</p>	<p>26</p> <p>BREAKFAST: Muffin/Toast/Cereal, Fruit, Juice, Milk</p> <p>LUNCH: Choice of Chili or Chicken Noodle Soup, Glazed Carrots, Asparagus, Cinnamon Roll, Fruit, Milk</p>	<p>27</p> <p>BREAKFAST: Cinnamon & Sugar Snack Bread/Toast/Cereal, Fruit, Juice, Milk</p> <p>LUNCH: Hot Dog/Chili Dog, Potato Wedges*, Baked Beans, Cucumber FF, Fruit, Milk</p>
<p>30</p> <p>BREAKFAST: Yogurt Parfaits/Toast/Cereal, Fruit, Juice, Milk</p> <p>LUNCH: Crispy Chicken Wrap w/Toppings, Glazed Carrots, Cucumber FF*, Fruit, Milk</p>	<p>31</p> <p>BREAKFAST: Muffin/Toast/Cereal, Fruit, Juice, Milk</p> <p>LUNCH: Spaghetti w/Meat Sauce, Garlic Twist Breadstick, Lettuce Salad, Baby Carrots, Fruit, Milk</p>	<p>SALAD BAR AVAILABLE DAILY AT THE JR./SR. HIGH SCHOOL</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
FF = Finger Foods