

BREAKFAST & LUNCH



2018-2019  
School Year

**OCTOBER MENU**

Elementary &  
Jr./Sr. High Schools

NORTHWOOD-KENSETT

COMMUNITY SCHOOL DISTRICT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b> <b>BREAKFAST:</b> Yogurt Parfaits Toast/Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Crisпитos Green Beans Corn* Fruit, Milk</p>	<p><b>2</b> <b>BREAKFAST:</b> Muffin/Toast/ Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Chicken Strip Wrap Glazed Carrots , Cauliflower, Cucumber, Fruit, Milk</p>	<p><b>3</b> <b>BREAKFAST:</b> French Toast Sticks//Toast/Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Spaghetti w/ Meat Sauce, Lettuce Salad, Garlic Twist Bread, Fruit, Milk</p>	<p><b>4</b> <b>BREAKFAST:</b> Muffin/Toast/ Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Ham &amp; Turkey Sub Baked Beans, Baby Carrots , Fruit, Milk</p>	<p><b>5</b> <b>BREAKFAST:</b> Scrambled Eggs &amp; Ham Toast/Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Sloppy Joes Crinkle Cut Fries, Broccoli, Fruit, Milk</p>
<p><b>8</b> <b>BREAKFAST:</b> Sausage*, Egg &amp; Cheese Croissant//Toast/Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Breaded Pork Steak, Mashed Potatoes, Green Beans, Dinner Roll, Fruit, Milk</p>	<p><b>9</b> <b>BREAKFAST:</b> Muffin/Toast/ Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Sausage Pizza, Lettuce Salad*, Garlic Butter Veggies, Baby Carrots, Fruit, Milk</p>	<p><b>10 1:30 EARLY OUT</b> <b>BREAKFAST:</b> Sugar &amp; Cinnamon Snack Bread/ Toast/Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Orange Chicken over Rice, Broccoli,Cauliflower, Dinner Roll, Fruit, Milk</p>	<p><b>11</b> <b>BREAKFAST:</b> Muffin/Toast/ Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Hamburger/Cheeseburger on Bun Crinkle Cut Fries, Baked Beans, Fruit, Milk</p>	<p><b>12</b> <b>BREAKFAST:</b> Colby Cheese Omelet/ /Toast/Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Chicken Fajitas w/Tortilla, Glazed Carrots, Cookie*,Fruit, Milk</p>
<p><b>15</b> <b>BREAKFAST:</b> Oatmeal with Toppings/ Toast/Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Chicken Nuggets, Cheesy Potato, Broccoli, Dinner Roll, Fruit, Milk</p>	<p><b>16</b> <b>BREAKFAST:</b> Muffin/Toast/ Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Walking Tacos,Black Bean Salsa Salad,* Corn, Baby Carrots, Fruit, Milk</p>	<p><b>17</b> <b>BREAKFAST:</b> Iced Long Johns/ Toast/Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Creamed Chicken over Biscuit and or Mashed Potatoes, Glazed Carrots, Fruit, Milk</p>	<p><b>18</b> <b>BREAKFAST:</b> Muffin/Toast/ Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Corn Dogs, Baked Beans , Crinkle Cut Fries, Radishes, Fruit, Milk</p>	<p><b>19</b> <b>BREAKFAST:</b> Srambled Eggs &amp; Sausage Links/ Toast/ Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Salisbury Steak, Mashed Potatoes, Green Beans, Dinner Roll, Fruit, Milk</p>
<p><b>22</b> <b>BREAKFAST:</b> Bacon Scramble Breakfast Pizza/ Toast/Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Breaded Chicken Patty on Bun, Potato Wedges, Broccoli, Fruit, Milk</p>	<p><b>23</b> <b>BREAKFAST:</b> Muffin/Toast/ Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Lasagna, Garlic Twist Bread ,Lettuce Salad w/ Grape Tomatoes , Glazed Carrots., Fruit, Milk</p>	<p><b>24 1:30 EARLY OUT</b> <b>BREAKFAST:</b> Yogurt Parfaits/ Toast/Cereal, Fruit/Juice, Milk <b>LUNCH:</b> Cheddarwurst on Bun, Chips*, Baked Beans, Cucumbers, Fruit, Milk</p>	<p><b>25</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>26</b> <b>BREAKFAST:</b> Pancakes//Toast/ Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Popcorn Chicken, Mashed Potato, Green Beans, Dinner Roll, Fruit, Milk</p>
<p><b>29</b> <b>BREAKFAST:</b>Sausage &amp; Pancake Breakfast Stick/ Toast/Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Grilled Cheese Sandwich, Tomato Soup, Cottage Cheese, Broccoli, Fruit, Milk</p>	<p><b>30</b> <b>BREAKFAST:</b> Muffin/Toast/ Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Pulled Pork Sandwich,Mac-n-Cheese, Green Beans, Coleslaw* Cauliflower, Fruit, Milk</p>	<p><b>31</b> <b>BREAKFAST:</b> Iced Long John/ Toast/Cereal,Fruit,Juice,Milk <b>LUNCH:</b> Cheesy Breadsticks &amp; Meat Sauce, Lettuce Salad*, Corn Baby Carrots Fruit, Milk</p>	<p><b>SALAD BAR AVAILABLE DAILY AT THE JR./SR. HIGH SCHOOL</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  
FF = Finger Foods