

BREAKFAST & LUNCH



2019-2020  
School Year

**OCTOBER MENU**

Elementary &  
Jr./Sr. High Schools

NORTHWOOD-KENSETT

COMMUNITY SCHOOL DISTRICT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> <b>BREAKFAST:</b> Muffin/Toast/ Cereal/Yogurt, Fruit, Juice, Milk <b>LUNCH:</b> Chicken Strip Wrap Glazed Carrots , Onion Rings, Cucumber, Fruit, Milk	<b>2</b> <b>BREAKFAST:</b> French Toast Sticks/ Toast/Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Spaghetti w/ Meat Sauce, Lettuce Salad, Tomatoes Garlic Twist Bread, Fruit, Milk	<b>3</b> <b>BREAKFAST:</b> Muffin/Toast/ Cereal/Yogurt, Fruit, Juice, Milk <b>LUNCH:</b> Chicken- N- Waffle Bites, Tator Tots,Broccoli, Fruit, Milk	<b>4</b> <b>BREAKFAST:</b> Scrambled Eggs & Ham/Toast/Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Ham & Turkey Sub Baked Beans, Baby Carrots , Fruit, Milk
<b>7</b> <b>BREAKFAST:</b> Sausage*, Egg & Cheese Croissant/Toast/Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Breaded Pork Steak, Mashed Potatoes, Peas, Dinner Roll, Fruit, Milk	<b>8</b> <b>BREAKFAST:</b> Muffin/Toast/ Cereal/Yogurt ,Fruit, Juice, Milk <b>LUNCH:</b> Pepperoni Pizza, Lettuce Salad*, Garlic Butter Veggies, Baby Carrots, Fruit, Milk	<b>9 1:30 EARLY OUT</b> <b>BREAKFAST:</b> Sugar & Cinnamon Snack Bread/Toast Cereal/ Fruit,Juice,Milk <b>LUNCH:</b> Orange Chicken,Rice, Broccoli,Cauliflower, Dinner Roll, Fruit, Milk	<b>10</b> <b>BREAKFAST:</b> Muffin/Toast/ Cereal/Yogurt, Fruit, Juice, Milk <b>LUNCH:</b> Hamburger/ Cheeseburger on Bun, Crinkle Cut Fries, Zesty Texas Beans, Fruit, Milk	<b>11</b> <b>BREAKFAST:</b> Colby Cheese Omelet/Toast/Cereal, Juice, Milk <b>LUNCH:</b> Chicken Fajitas w/Tortilla, H.S. Chicken Strips(E) Glazed Carrots, Cookie,Fruit, Milk
<b>14</b> <b>BREAKFAST:</b> Oatmeal with Toppings /Toast/Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Chicken Nuggets, Cheesy Potato, Broccoli, Dinner Roll, Fruit, Milk	<b>15</b> <b>BREAKFAST:</b> Muffin/Toast/ Cereal/Yogurt Fruit, Juice, Milk <b>LUNCH:</b> Walking Tacos,Black Bean Salsa Salad,* Corn, Baby Carrots, Red Peppers, Fruit, Milk	<b>16</b> <b>BREAKFAST:</b> Iced Long Johns Toast/Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Creamed Chicken over Biscuit and or Mashed Potatoes, Peas, Fruit, Milk	<b>17</b> <b>BREAKFAST:</b> Muffin/Toast/ Cereal/Yogurt, Fruit, Juice, Milk <b>LUNCH:</b> Corn Dogs, Baked Beans , Crinkle Cut Fries, Radishes, Fruit, Milk	<b>18</b> <b>BREAKFAST:</b> Scrambled Eggs & Sausage Links/Toast/ Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Salisbury Steak, Mashed Potatoes, Squash, Dinner Roll, Fruit, Milk
<b>21</b> <b>BREAKFAST:</b> Breakfast Pizza Toast/Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Breaded Chicken Patty on Bun, Tator Tots, Broccoli, Fruit, Milk	<b>22</b> <b>BREAKFAST:</b> Muffin/Toast/ Cereal/Yogurt Fruit, Juice, Milk <b>LUNCH:</b> Lasagna, Garlic Twist Bread ,Lettuce Salad w/ Grape Tomatoes , Glazed Carrots., Fruit, Milk	<b>23 1:30 EARLY OUT</b> <b>BREAKFAST:</b> Donut Hole* Mini Donut Toast/Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Cheddarwurst on Bun, Chips*, Baked Beans, Cucumbers,,Fruit, Milk	<b>24</b> <b>BREAKFAST:</b> Muffin/Toast/ Cereal/Yogurt, Fruit, Juice, Milk <b>LUNCH:</b> Beef Tacos, Corn*,Refried Beans, Baby Carrots,Soup, Fruit, Milk	<b>25</b> <b>BREAKFAST:</b> Pancakes, Toast/ Cereal, Fruit, Juice Milk <b>LUNCH:</b> Popcorn Chicken, Mashed Potato, Green Beans, Dinner Roll, Fruit, Milk
<b>28</b> <b>BREAKFAST:</b> Sausage & Pancake B-fast Stick Toast/Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Grilled Cheese Sandwich, Tomato Soup, Cottage Cheese, Broccoli, Fruit, Milk	<b>29</b> <b>BREAKFAST:</b> Muffin/Toast/ Cereal/Yogurt Fruit, Juice, Milk <b>LUNCH:</b> Pulled Pork on Bun Mac-n-Cheese, Green Beans, Coleslaw Cauliflower, Fruit, Milk	<b>30</b> <b>BREAKFAST:</b> Iced Long John/ Toast/Cereal,Fruit,Juice,Milk <b>LUNCH:</b> Breadsticks & Dippin Sauce, Lettuce Salad,* Corn Cauliflower,Fruit, Milk	<b>31</b> <b>BREAKFAST:</b> Muffin/Toast/Cereal/Yougurt, Fruit,Juice,Milk <b>LUNCH:</b> Breaded Fish Sticks Seasoned Mashed Potatoes, Asparagus, Tea Roll, Fruit, Milk	<b>SALAD BAR AVAILABLE AT THE JR./SR. HIGH</b>

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

