

# BREAKFAST & LUNCH



2018-2019  
School Year

# SEPTEMBER MENU

Elementary &  
Jr./Sr. High Schools

NORTHWOOD-KENSETT

COMMUNITY SCHOOL DISTRICT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SALAD BAR AVAILABLE DAILY AT THE JR./SR. HIGH SCHOOL</b>				
<b>3</b> <b>CLOSED</b> <b>FOR LABOR DAY</b> No School	<b>4</b> <b>BREAKFAST:</b> Muffin/Toast/ Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Cheese Pizza, Lettuce Salad*, Garlic Butter Veggies, Baby Carrots, Fruit, Milk	<b>5</b> <b>BREAKFAST:</b> Sugar & Cinnamon Snack Bread/Toast/ Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Orange Chicken over Rice, Broccoli, Cauliflower FF, Dinner Roll, Fruit, Milk	<b>6</b> <b>BREAKFAST:</b> Muffin/Toast/ Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Hamburger or Cheeseburger on Bun, Crinkle Cut Fries, Baked Beans, Fruit, Milk	<b>7</b> <b>BREAKFAST:</b> Colby Cheese Omelet/Toast/Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Chicken Fajitas w/Toppings, Glazed Carrots, Fruit, Milk
<b>10</b> <b>BREAKFAST:</b> Oatmeal with Toppings/Toast/Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Chicken Nuggets, Cheesy Potatoes, Broccoli, Dinner Roll, Fruit, Milk	<b>11</b> <b>BREAKFAST:</b> Muffin/Toast/ Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Walking Tacos, Black Bean Salsa Salad*, Corn, Baby Carrots FF, Fruit, Milk	<b>12 1:30 EARLY OUT</b> <b>BREAKFAST:</b> Iced Long John/ Toast/Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Creamed Chicken over Biscuit* and/or Mashed Potatoes, Glazed Carrots, Tea Roll(E), Fruit, Milk	<b>13</b> <b>BREAKFAST:</b> Muffin/Toast/ Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Corn Dogs, Baked Beans, Crinkle Cut Fries, Radish FF*, Fruit, Milk	<b>14</b> <b>BREAKFAST:</b> Scrambled Eggs & Sausage Links/Toast/Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Salisbury Steak, Mashed Potatoes, Green Beans, Dinner Roll, Fruit, Milk
<b>17</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	<b>18</b> <b>BREAKFAST:</b> Muffin/Toast/ Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Lasagna, Garlic Twist Breadstick, Lettuce Salad w/Grape Tomatoes, Glazed Carrots, Fruit, Milk	<b>19</b> <b>BREAKFAST:</b> Yogurt Parfaits/ Toast/Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Cheddarwurst on Bun, Chips*, Baked Beans, Cucumber FF, Fruit, Milk	<b>20</b> <b>BREAKFAST:</b> Muffin/Toast/ Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Beef Tacos, Corn*, Refried Beans, Baby Carrots, Fruit, Milk	<b>21</b> <b>BREAKFAST:</b> Pancakes/Toast/ Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Popcorn Chicken, Mashed Potatoes, Green Beans, Dinner Roll, Fruit, Milk
<b>24</b> <b>BREAKFAST:</b> Sausage & Pancake Breakfast Stick/ Toast/Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Grilled Cheese Sandwich, Tomato Soup, Cottage Cheese, Broccoli, Fruit, Milk	<b>25</b> <b>BREAKFAST:</b> Muffin/Toast/ Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Pulled Pork Sandwich, Mac-n-Cheese, Green Beans, Coleslaw*, Cauliflower FF, Fruit, Milk	<b>26 1:30 EARLY OUT</b> <b>BREAKFAST:</b> Iced Long John/ Toast/Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Cheesy Breadsticks & Meat Sauce, Lettuce Salad*, Corn, Baby Carrots FF, Fruit, Milk	<b>27</b> <b>BREAKFAST:</b> Muffin/Toast/ Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Chicken & Noodles, Glazed Carrots, Asparagus, Dinner Roll, Fruit, Milk	<b>28</b> <b>BREAKFAST:</b> Oatmeal with Toppings/Toast/Cereal, Fruit, Juice, Milk <b>LUNCH:</b> Choice of Hot Dog or Chili Dog, Potato Wedges*, Baked Beans, Cucumber FF(E), Fruit, Milk

**MENU SUBJECT TO CHANGE**

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

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