

BREAKFAST & LUNCH



2019-2020
School Year

SEPTEMBER MENU

Elementary &
Jr./Sr. High Schools

NORTHWOOD-KENSETT

COMMUNITY SCHOOL DISTRICT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED FOR LABOR DAY No School	3 BREAKFAST: Muffin/Toast/ Cereal, Fruit, Juice, Milk LUNCH: Cheese Pizza, Lettuce Salad*, Garlic Butter Veggies, Baby Carrots, Fruit, Milk	4 BREAKFAST: Sugar & Cinnamon Snack Bread/Toast/ Cereal, Fruit, Juice, Milk LUNCH: Manderine Orange Chicken over Rice, Broccoli, Cauliflower FF, Dinner Roll, Fruit, Milk	5 BREAKFAST: Muffin/Toast/ Cereal, Fruit, Juice, Milk LUNCH: Hamburger or Cheeseburger on Bun, Crinkle Cut Fries, Baked Beans, Fruit, Milk	6 BREAKFAST: Colby Cheese Omelet/Toast/Cereal, Fruit, Juice, Milk LUNCH: Chicken Fajitas H.S. Chicken Strips (E) Glazed Carrots, Cookie, Fruit, Milk
9 BREAKFAST: Oatmeal with Toppings/Toast/Cereal, Fruit, Juice, Milk LUNCH: Chicken Nuggets, Cheesy Potatoes, Broccoli, Tea Roll, Fruit, Milk	10 BREAKFAST: Muffin/Toast/ Cereal, Fruit, Juice, Milk LUNCH: Walking Tacos, Black Bean Salsa Salad*, Corn, Red Peppers, FF, Fruit, Milk	11 1:30 EARLY OUT BREAKFAST: Iced Long John/ Toast/Cereal, Fruit, Juice, Milk LUNCH: Creamed Chicken over Biscuit and/or Mashed Potatoes, Peas, Fruit, Milk	12 BREAKFAST: Muffin/Toast/ Cereal, Fruit, Juice, Milk LUNCH: Corn Dogs, Baked Beans, Crinkle Cut Fries, Glazed Carrots, Radish FF*, Fruit, Milk	13 BREAKFAST: Scrambled Eggs & Sausage Links/Toast/Cereal, Fruit, Juice, Milk LUNCH: Salisbury Steak, Mashed Potatoes, Green Beans, Dinner Roll Cookie, * Fruit, Milk
16 BREAKFAST: Bacon Scramble Breakfast Pizza/Toast/Cereal, Fruit, Juice, Milk LUNCH: Breaded Chicken Patty on Bun, Tator Tots, Broccoli, Fruit, Milk	17 BREAKFAST: Muffin/Toast/ Cereal, Fruit, Juice, Milk LUNCH: Lasagna, Garlic Twist Breadstick, Lettuce Salad w/Grape Tomatoes, Glazed Carrots, Fruit, Milk	18 BREAKFAST: Yogurt Parfaits/ Toast/Cereal, Fruit, Juice, Milk LUNCH: Cheddarwurst on Bun, Chips*, Baked Beans, Cucumber FF, Fruit, Milk	19 BREAKFAST: Muffin/Toast/ Cereal, Fruit, Juice, Milk LUNCH: Beef Tacos, Corn*, Refried Beans, Baby Carrots, Cookie* Fruit Milk	20 BREAKFAST: Pancakes/Toast/ Cereal, Fruit, Juice, Milk LUNCH: Popcorn Chicken, Mashed Potatoes, Asparagus, Dinner Roll, Fruit, Milk
23 BREAKFAST: Sausage & Pancake Breakfast Stick/ Toast/Cereal, Fruit, Juice, Milk LUNCH: Beef Nachos, Corn* Lettuce, Tomatoes, Broccoli, Fruit, Milk	24 BREAKFAST: Muffin/Toast/ Cereal, Fruit, Juice, Milk LUNCH: Pulled Pork Sandwich, Mac-n-Cheese, Green Beans, Coleslaw, Fruit, Milk	25 1:30 EARLY OUT BREAKFAST: Iced Long John/ Toast/Cereal, Fruit, Juice, Milk LUNCH: Cheesy Breadsticks & Meat Sauce, Lettuce Salad, Tomatoes Corn, Fruit, Milk	26 BREAKFAST: Muffin/Toast/ Cereal, Fruit, Juice, Milk LUNCH: Breaded Fish Sticks Mashed Potatoes, Glazed Cartos, Tea Roll, Fruit, Milk	27 BREAKFAST: Scrambled Eggs & Sausage Links, Cereal/Toast/ Fruit, Juice, Milk LUNCH: Choice of Hot Dog or Chili Dog, Potato Wedges*, Baked Beans, Cucumber FF(E), Fruit, Milk
30 BREAKFAST: Yogurt Parfaits/ Toast/Cereal, Fruit Milk LUNCH: Crisпитos, California Blend Veggie, Lettuce, Fruit, Milk	SALAD BAR AT THE JR/SR HIGH SCHOOL			

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

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