

BREAKFAST & LUNCH



**MAY MENU**

2025-2026  
School Year

Elementary &  
Ms./Sr. High Schools

NORTHWOOD-KENSETT

COMMUNITY SCHOOL DISTRICT

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  |
|---|--|---|---|---|
| <p><b>SALAD BAR AVAILABLE<br/>DAILY AT THE MS./SR. HIGH<br/>SCHOOL</b></p> <p><b>No Salads last week of school</b></p>  |  |   |   | <p><b>1</b><br/><b>BREAKFAST:</b> Mini Waffles, Toast, Cereal, Fruit, Juice, Milk<br/><b>LUNCH:</b> Popcorn Chicken, Mashed Potatoes, Gravy, Green Beans, Tea Roll, Fruit, Milk</p>   |
| <p><b>4</b><br/><b>BREAKFAST:</b> Yogurt Parfaits, Toast/Cereal, Fruit, Juice, Milk<br/><b>LUNCH:</b> Beef Nachos, Broccoli, Shr. Lettuce, Diced Tomatoes, Fruit, Milk</p>  | <p><b>5</b><br/><b>BREAKFAST:</b> Breakfast Burrito, Toast/Yogurt, Cereal, Fruit, Juice, Milk<br/><b>LUNCH:</b> Pulled Pork on Bun, Mac-N-Cheese, Green Beans, Coleslaw* Fruit, Milk</p>               | <p><b>6</b> <b>EARLY OUT</b><br/><b>BREAKFAST:</b> Iced Long Johns, Toast/Cereal, Fruit, Juice, Milk<br/><b>LUNCH:</b> Cheesy Breadsticks/ Meat Sauce, Lettuce Salad, Grape Tomatoes, Garlic Veggies, Fruit, Milk</p> | <p><b>7</b><br/><b>BREAKFAST:</b> Muffin/Toast/ Yogurt, Cereal, Fruit, Juice, Milk<br/><b>LUNCH:</b> Tomato Soup, Grilled Cheese, Buttered Carrots, Cottage Cheese, Fruit, Milk</p>                           | <p><b>8</b><br/><b>BREAKFAST:</b> Scrambled Eggs &amp; Sausage Links, Toast, Cereal, Fruit, Juice, Milk<br/><b>LUNCH:</b> Hotdog on Bun, Baked Beans, French Fries, Cucumbers, Fruit, Milk</p>                                      |
| <p><b>11</b><br/><b>BREAKFAST:</b> Cheese Omelet, Toast/Cereal, Fruit Juice, Milk<br/><b>LUNCH:</b> Chicken Strip Wrap, Diced Tomatoes, Shred. Lettuce, Glazed Carrots, Cucumber, Fruit, Milk</p>                 | <p><b>12</b><br/><b>BREAKFAST:</b> Muffin/Toast/ Yogurt, Cereal, Fruit, Juice, Milk<br/><b>LUNCH:</b> Spaghetti, Meat Sauce, Breadsticks, Lettuce Salad, Gr. Tomatoes, Fruit, Milk</p>                 | <p><b>13</b><br/><b>BREAKFAST:</b> French Toast Sticks, Toast/Cereal, Fruit, Juice, Milk<br/><b>LUNCH:</b> Crispos, Cali Blend Veggie, Shred. Lettuce, Diced Tomatoes, Fruit, Milk</p>                                | <p><b>14</b><br/><b>BREAKFAST:</b> Muffin/Toast/ Yogurt, Cereal, Fruit, Juice, Milk<br/><b>LUNCH:</b> Ham &amp; Turkey Subs Baked Beans, Tomato Slices, Shredded Lettuce, Fruit, Milk</p>                     | <p><b>15</b><br/><b>REAKFAST:</b> Scr. Eggs &amp; Ham Toast, Cereal, Fruit, Juice, Milk<br/><b>LUNCH:</b> Sloppy Joes, Crispy Green Beans <b>H.S.</b> Onion Rings <b>(E)</b> Broccoli, Fruit, Milk</p>                              |
| <p><b>18</b><br/><b>BREAKFAST:</b> Sausage, Egg, Cheese Croissant <b>(H.S)</b> Breakfast Pizza <b>(E)</b> Toast/Cereal, Fruit, Juice, Milk<br/><b>LUNCH:</b> Taco Quesadilla, Spanish Rice, Corn, Fruit, Milk</p> | <p><b>19</b><br/><b>BREAKFAST:</b> Muffin/Toast/ Yogurt, Cereal, Fruit, Juice, Milk<br/><b>LUNCH:</b> Beef Pizza* Cheese Pizza <b>(E)</b> Lettuce Salad, Gr. Tomatoes, Garlic Veggies, Fruit, Milk</p> | <p><b>20</b><br/><b>BREAKFAST:</b> Snack Bread, Toast/Cereal, Fruit, Juice, Milk<br/><b>LUNCH:</b> Corn Dogs, Baked Beans, Cali. Blend Veggie, Fruit, Milk</p>  | <p><b>21</b><br/><b>BREAKFAST:</b> Muffin/Toast/ Yogurt, Cereal, Fruit, Juice, Milk<br/><b>LUNCH:</b> Hamburger on Bun, <b>(E)</b> French Fries, Sliced Tomatoes, Fruit, Milk <b>H.S. Pizza Crunchers</b></p> | <p><b>22</b><br/><b>BREAKFAST:</b> Yogurt Parfaits, Cereal, Fruit, Juice, Milk<br/><b>LUNCH:</b> Pizza Crunchers, <b>(E)</b> Buttered Carrots, Cauliflower Fruit, Milk <b>H.S. Hamburgers, Chips, Dragon Punch, Fruit, Milk</b></p> |
| <p><b>Summer Food Program starts<br/>Monday June 1 thru July 10<br/>11:00-11:45</b></p> <p><b>Free lunch for children 1-18</b></p> <p><b>FIRST LUTHERAN CHURCH</b><br/>309 9<sup>th</sup> S N, Northwood</p>      |  |   |   |   |

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

**MENU SUBJECT TO CHANGE**

\* = Ms./Sr. High only, **E** = Elementary

© 2025-26 Northwood-Kensett CSD. This institution is an equal opportunity provider.

# SUMMER LUNCH



## JUNE MENU

Lunch is served  
11:00 a.m. – 11:45 a.m.

Monday-Friday  
First Lutheran Church

NORTHWOOD-KENSETT

COMMUNITY SCHOOL DISTRICT

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  |
|---|---|--|---|---|
| <b>1</b><br>Uncrustable, (1M, 1G)<br>Veggie Juice Box(1/2C)<br>Cheese Stick (1M)<br>Goldfish Crackers (1G)<br>Pears(1/2) Milk | <b>2</b><br>Chicken Strips (2M,1G)<br>Broccoli (1/3C)<br>Mac -N- Cheese (1/3C)<br>Manderine Oranges<br>1/2C Milk  | <b>3</b><br>Hamburger on bun<br>(2M,1G)<br>French Fries (1/2C)<br>Tomato Slices (1/4C)<br>Applesauce (1/2C) Milk   | <b>4</b><br>Ham & Turkey on bun<br>(2M,2G)<br>Shred. Lettuce (1/4C)<br>Cauliflower (1/4)<br>Peaches (1/2) Cookie,<br>Milk               | <b>5</b><br>Hotdog on Bun (2M,2G)<br>Celery & Carrots (1/2C)<br>Chips,<br>Fruit Slushy (1/2C)<br>Milk               |
| <b>8</b><br>Hamburger on bun<br>(2M,1G)<br>French Fries (1/2C)<br>Tomato Slices (1/4C)<br>Applesauce (1/2C) Milk              | <b>9</b><br>Pizza, (2M,1G)<br>Corn (1/3C)<br>Baby Carrots (1/4C)<br>Pears (1/2C) Cookie<br>Milk                   | <b>10</b><br>Chicken Strips (2M,1G)<br>Broccoli (1/3C)<br>Mac -N- Cheese (1/3C)<br>Manderine Oranges<br>1/2C Milk  | <b>11</b><br>Beef Nachos(2M1G)<br>Cali Blend Veggies<br>(1/2C)<br>Diced Tomatoes (1/8C)<br>Shred. Lettuce (1/8C)<br>Peaches (1/2C) Milk | <b>12</b><br>Hotdog on Bun (2M,2G)<br>Beans (1/2C)<br>Fruit Slushy (1/2C)<br>Chips<br>Milk                          |
| <b>15</b><br>Chicken Patty/Bun (2M,<br>2G)<br>Veggie Juice(1/2C)<br>Shred. Lettuce(1/4C)<br>Peaches(1/2C)<br>Milk             | <b>16</b><br>Pizza Crunchers,<br>(2M,2G)<br>Green Beans (1/3C)<br>Baby Carrots 1/4C)<br>Applesauce (1/2C)<br>Milk | <b>17</b><br>Crisпитos (2M,2G))<br>Corn(1/3C)<br>Manderine Oranges<br>(1/2C)<br>Milk   | <b>18</b><br>Ham & Turkey on bun<br>(2M,2G)<br>Shred. Lettuce (1/4C)<br>Cauliflower (1/4)<br>Fruit Gel (1/2) Cookie,<br>Milk            | <b>19</b><br>Cheesy Breadsticks<br>(2M,2G)<br>Meatsauce(1/2C)<br>Garlic Veggies (1/4)<br>Fruit Slushy(1/2C)<br>Milk |
| <b>22</b><br>Hamburger on bun<br>(2M,1G)<br>French Fries (1/2C)<br>Tomato Slices (1/4C)<br>Applesauce (1/2C) Milk             | <b>23</b><br>Pizza, (2M,1G)<br>Corn (1/3C)<br>Baby Carrots (1/4C)<br>Pears (1/2C) Cookie<br>Milk                  | <b>24</b><br>Chicken Strips (2M,1G)<br>Broccoli (1/3C)<br>Mac -N- Cheese (1/3C)<br>Manderine Oranges<br>1/2C Milk  | <b>25</b><br>Beef Nachos(2M1G)<br>Cali Blend Veggies<br>(1/2C)<br>Diced Tomatoes (1/8C)<br>Shred. Lettuce (1/8C)<br>Peaches (1/2C) Milk | <b>26</b><br>Hotdog on Bun (2M,2G)<br>Beans(1/2C)<br>Chips<br>Fruit Slushy (1/2C)<br>Milk                           |
| <b>29</b><br>Chicken Patty/Bun (2M,<br>2G)<br>Veggie Juice(1/2C)<br>Shred. Lettuce(1/4C)<br>Peaches(1/2C)<br>Milk             | <b>30</b><br>Pizza Crunchers,<br>(2M,2G)<br>Green Beans (1/3C)<br>Baby Carrots 1/4C)<br>Applesauce (1/2C)<br>Milk | <b>Celebrate Summer<br/>                     with food, fun, and friends!<br/>                     Free Lunch ages 1-18<br/>                     First Lutheran Church</b> |   |   |

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

**MENU SUBJECT TO CHANGE**

© 2026 Northwood-Kensett CSD.  
This institution is an equal opportunity provider.

SUMMER LUNCH



**JULY MENU**

Lunch is served  
11:00 a.m. – 11:45 a.m.

Monday-Friday  
First Lutheran Church

NORTHWOOD-KENSETT

COMMUNITY SCHOOL DISTRICT

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|--|--|--|--|--|
|  |  | <b>1</b><br>Crisпитos (2M,2G)<br>Corn (1/3C)<br>Shred. Lettuce (1/4C)<br>Manderine Oranges(1/2C)<br>Milk           | <b>2</b><br>Ham & Turkey/Bun<br>(2M1G)<br>Shredded Lettuce(1/4C)<br>Sliced Tomatoes (1/8C)<br>Cauliflower (1/4C) Pears<br>(1/2C) Cookie Milk | <b>3</b><br>Cheesy Breadsticks<br>(2M,2G))<br>with Meat Sauce(1M)<br>Garlic Veggies(1/3C)<br>Fruit Gels (1/2C)<br>Milk |
| <b>6</b><br>Hamburger on bun,<br>(2M,1G)<br>French Fries (1/2C)<br>Tomato Slices (1/4C)<br>Applesauce 1/2C) Milk | <b>7</b><br>Pizza (2M,1G)<br>Corn (1/3C)<br>Baby Carrots (1/4C)<br>Pears (1/2C) Cookie<br>Milk | <b>8</b><br>Chicken Strips (2M,1G)<br>Broccoli (1/3C)<br>Mac-N-Cheese(1/3C)<br>Manderine Oranges<br>(1/2C)<br>Milk | <b>9</b><br>Beef Nachos (2M1G)<br>Cali Blend Veggies<br>(1/3C)<br>Diced Tomatoes (1/8C)<br>Shred. Lettuce (1/8C)<br>Peaches (1/2C)           | <b>10</b><br>Hot Dog on Bun (2M,2G)<br>Beans(1/2C)<br>Fruit Slushy(1/2C)<br>Chips, Milk                                |
| <b>13</b>  | <b>14</b>  | <b>15</b>  | <b>16</b>  | <b>17</b>  |
| <b>20</b>  | <b>21</b>  | <b>22</b>  | <b>23</b>  | <b>24</b>  |

**Celebrate Summer  
with food, fun, and friends!**  
 Free Lunch ages 1-18  
 First Lutheran Church

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

**MENU SUBJECT TO CHANGE**

© 2026 Northwood-Kensett CSD.  
 This institution is an equal opportunity provider.