

BREAKFAST & LUNCH



2020-2021
School Year

OCTOBER MENU

Elementary &
Jr./Sr. High Schools

NORTHWOOD-KENSETT

COMMUNITY SCHOOL DISTRICT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SALADS AVAILABLE DAILY AT THE JR./SR. HIGH SCHOOL</p>			<p>1 BREAKFAST: Muffin/Toast/ Cereal, Fruit, Juice, Milk LUNCH: Grilled Cheese Sandwich, Tomato Soup Broccoli, Fruit, Milk</p>	<p>2 BREAKFAST: Colby Cheese Omelet/Toast/Cereal, Fruit, Juice, Milk LUNCH: Sloppy Joes Crinkle Cut Fries (E), Onion Rings, Green Beans Fruit, Milk</p>
<p>5 BREAKFAST: Sausage* Egg Croissant , Toast Cereal Fruit, Juice, Milk LUNCH: Breaded Pork Steak, Mashed Potatoes, Green Peas Dinner Roll, Fruit, Milk</p>	<p>6 BREAKFAST: Muffin/Toast/ Cereal, Fruit, Juice, Milk LUNCH: Sausage Pizza, Lettuce Salad*, Garlic Butter Veggies, Fruit, Milk</p>	<p>7 1:30 EARLY OUT BREAKFAST: Cinnamon Snack Bread, Toast/Cereal Fruit, Juice, Milk LUNCH: Orange Chicken, Broccoli, Dinner Roll, Fruit, Milk (E) CHICKEN-N-WAFFLE bites, Tatar Tots, Broccoli, Fruit, Milk</p>	<p>8 BREAKFAST: Muffin/Toast/ Cereal, Fruit, Juice, Milk LUNCH: Hamburger/Cheeseburger on Bun Crinkle Cut Fries, Baked Beans, Fruit, Milk</p>	<p>9 BREAKFAST: Colby Cheese Omelet, Toast/ Cereal Fruit, Juice, Milk LUNCH: Meatballs in Gravy, Mashed Potatoes, Green Beans Tea Roll, Fruit, Milk</p>
<p>12 BREAKFAST: Oatmeal with Toppings/Toast/Cereal, Fruit, Juice, Milk LUNCH: Chicken Nuggets, Cheesy Potato, Broccoli, Tea Roll, Fruit, Milk</p>	<p>13 BREAKFAST: Muffin/Toast/ Cereal, Fruit, Juice, Milk LUNCH: Walking Tacos, Corn, Baby Carrots, Fruit, Milk</p>	<p>14 BREAKFAST: : Iced Long John/ Toast/Cereal, Fruit, Juice, Milk LUNCH: Creamed Chicken over Biscuit*and or Mashed Potatoes, Green Peas Fruit, Milk</p>	<p>15 BREAKFAST: Muffin/Toast/ Cereal, Fruit, Juice, Milk LUNCH: Corn Dogs, Baked Beans , Crinkle Cut Fries, Fruit, Milk</p>	<p>16 BREAKFAST Scrambled Eggs w/ Bacon & Cheese, Toast/Cereal, Fruit, Juice, Milk LUNCH: Salisbury Steak, Mashed Potatoes, Squash, Dinner Roll, Fruit, Milk</p>
<p>19 BREAKFAST: Breakfast Pizza/Toast/Cereal, Fruit, Juice, Milk LUNCH: Breaded Chicken Patty on Bun, Tator Tots, Broccoli, Fruit, Milk</p>	<p>20 BREAKFAST: Muffin/Toast/ Cereal, Fruit, Juice, Milk LUNCH: Lasagna, Garlic Twist Bread ,Lettuce Salad w/ Grape Tomatoes, Fruit, Milk</p>	<p>21 1:30 EARLY OUT BREAKFAST Donut Holes (H.S.) Mini Donuts (E) Toast/Cereal, Fruit, Juice, Milk: LUNCH: Cheddarwurst on Bun, Baked Beans, Cucumbers, Fruit, Milk</p>	<p>22 BREAKFAST: Muffin/Toast/ Cereal, Fruit, Juice, Milk LUNCH: Beef Tacos, Corn* Refried Beans Lettuce, Baby Carrots, Fruit, Milk</p>	<p>23: BREAKFAST: Pancakes/Toast/ Cereal, Fruit, Juice, Milk LUNCH: Popcorn Chicken, Mashed Potato, California Blend Veggie, Dinner Roll, Fruit, Milk</p>
<p>26 BREAKFAST Sausage & Pancake Breakfast Stick/ Toast/Cereal, Fruit, Juice LUNCH: Beef Nachos, Broccoli, Corn, Fruit, Milk</p>	<p>27 BREAKFAST: Muffin/Toast/ Cereal, Fruit, Juice, Milk LUNCH: Pulled Pork Sandwich, Mac-n-Cheese, Green Beans, Coleslaw, Fruit, Milk</p>	<p>28 BREAKFAST: : Iced Long John/ Toast/Cereal, Fruit, Juice, Milk LUNCH: Cheesy Breadsticks & Meat Sauce, Lettuce Salad, Garlic Twist Bread, Fruit, Milk</p>	<p>29 BREAKFAST: Muffin/Toast /Cereal, Fruit, Juice, Milk LUNCH: Chicken & Noodle Casserole, Asparagus, Tea Roll Fruit, Milk</p>	<p>30 BREAKFAST: ,Scram.Eggs, Sausage Links Toast,Cereal Fruit Juice, Milk LUNCH: Hot Dog/Chili Dog, Potato Wedges* Baked Beans Cucumbers, Fruit, Milk</p>

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

2017-2018
School Year

Elementary &
Jr./Sr. High Schools