

BREAKFAST & LUNCH



2020-2021
School Year

SEPTEMBER MENU

Elementary &
Jr./Sr. High Schools

NORTHWOOD-KENSETT

COMMUNITY SCHOOL DISTRICT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 BREAKFAST: Muffin/Toast/ Cereal Yogurt, Fruit, Juice, Milk LUNCH: French Bread Pizza Lettuce Salad*, Garlic Butter Veggies, Baby Carrots, Fruit, Milk	2 1:30 EARLY OUT BREAKFAST: Sugar & Cinnamon Snack Bread/Toast/ Cereal, Fruit, Juice, Milk LUNCH: Manderine Orange Chicken over Rice, Broccoli, Cauliflower FF, Dinner Roll, Fruit, Milk	3 BREAKFAST: Muffin/Toast/ Cereal, Yogurt, Fruit, Juice, Milk LUNCH: Hamburger or Cheeseburger on Bun, Crinkle Cut Fries, Baked Beans, Fruit, Milk	4 BREAKFAST: Colby Cheese Omelet/Toast/Cereal, Fruit, Juice, Milk LUNCH: Meatballs in Gravy, Mashed Potatoes, Green Beans Dinner Roll, Cookie, Fruit, Milk
7 CLOSED FOR LABOR DAY No School	8 BREAKFAST: Muffin/Toast/ Cereal, Yogurt, Fruit, Juice, Milk LUNCH: Walking Tacos, Black Bean Salsa Salad*, Corn, Red Peppers, FF, Fruit, Milk	9 BREAKFAST: Iced Long John/ Toast/Cereal, Fruit, Juice, Milk LUNCH: Ham&Turkey Sub Cucumbers, Baby Carrots, Fruit, Milk	10 BREAKFAST: Muffin/Toast/ Cereal, Fruit, Juice, Milk LUNCH: Corn Dogs, Baked Beans, Crinkle Cut Fries, Radish FF*, Fruit, Milk	11 BREAKFAST: Scrambled Eggs & Sausage Links/Toast/Cereal, Fruit, Juice, Milk LUNCH: Salisbury Steak, Mashed Potatoes, Squash, Dinner Roll Cookie, * Fruit, Milk
14 BREAKFAST: Bacon Scramble Breakfast Pizza/Toast/Cereal, Fruit, Juice, Milk LUNCH: Breaded Chicken Patty on Bun, Tator Tots, Broccoli, Fruit, Milk	15 BREAKFAST: Muffin/Toast/ Cereal, Yogurt, Fruit, Juice, Milk LUNCH: Lasagna, Garlic Twist Breadstick, Lettuce Salad w/Grape Tomatoes, Glazed Carrots, Fruit, Milk	16 1:30 EARLY OUT BREAKFAST: Mini Donuts/Donut Holes* LUNCH: Cheddarwurst on Bun, Chips*, Baked Beans, Cucumber FF, Fruit, Milk	17 BREAKFAST: Muffin/Toast/ Cereal, Yogurt, Fruit, Juice, Milk LUNCH: Beef Tacos, Corn*, Refried Beans, Baby Carrots, Cookie* Fruit Milk	18 BREAKFAST: Pancakes/Toast/ Cereal, Fruit, Juice, Milk LUNCH: Popcorn Chicken, Mashed Potatoes, Calif. Blend Veggie, Tea Roll, Fruit, Milk
21 BREAKFAST: Sausage & Pancake Breakfast Stick/ Toast/Cereal, Fruit, Juice, Milk LUNCH: Beef Nachos, Corn* Lettuce, Tomatoes, Broccoli, Fruit, Milk	22 BREAKFAST: Muffin/Toast/ Cereal/Yogurt, Fruit, Juice, Milk LUNCH: Pulled Pork Sandwich, Mac-n-Cheese, Green Beans, Coleslaw, Fruit, Milk	23 BREAKFAST: Iced Long John/ Toast/Cereal, Fruit, Juice, Milk LUNCH: Cheesy Breadsticks & Meat Sauce, Lettuce Salad, Tomatoes Corn, Fruit, Milk	24 BREAKFAST: Muffin/Toast/ Cereal, Yogurt, Fruit, Juice, Milk LUNCH: Breaded Fish Sticks Mashed Potatoes, Glazed Carrtos, Tea Roll, Fruit, Milk	25 BREAKFAST: Scrambled Eggs & Sausage Links, Cereal/Toast/ Fruit, Juice, Milk LUNCH: Choice of Hot Dog or Chili Dog, Potato Wedges*, Baked Beans, Cucumber FF Cookie(E), Fruit, Milk
28 BREAKFAST: Colby Cheese Omelet, Toast/Cereal, Fruit LUNCH: Crisпитos, California Blend Veggie, Lettuce, Fruit, Milk	29 BREAKFAST: Muffin/Toast/ Cereal, Yogurt, Fruit, Juice, Milk LUNCH: Chicken Strip Wrap Glazed Carrots, Baked Beans Shredded Lettuce, Cucumbers, Fruit, Milk	30 BREAKFAST: French Toast Stick, Toast, Cereal, Fruit, Juice, Milk LUNCH: Spaghetti w/Meatsauce Lettuce Salad w Grape Tomatoes, Garlic Breadsticks, Fruit, Milk	SALAD BAR FOR ORDER AT THE JR/SR HIGH SCHOOL	

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

MENU SUBJECT TO CHANGE

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

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