

# Northwestern Middle/High School Lunch Menu

## August September 2016



Food Service Director: Heather Brady hbrady@nwsd.org  
 Cafeteria Clerk: Roberta Roseski rroseski@nwsd.org 756-9400 ext.5264

### The Grille

Cheeseburger on a Bun  
 Breaded Chicken Sandwich  
 Grilled Chicken Sandwich  
 Hot Dog on a Bun

\*Options Vary Daily

### The Garden

Grilled Chicken Sandwich  
 Antipasto Salad  
 Chicken Caesar Salad  
 Garden Salad with Cheese  
 Chef Salad  
 Breaded Chicken Salad

\*A Variety Served During the Week

### The Pizzeria

Hot Buffalo Chicken Pizza  
 Mexican Pizza  
 Pepperoni Pizza  
 Mozzarella Cheese Pizza  
 California Chicken Bacon Ranch Pizza  
 Broccoli & Cheese Pizza

\*A Variety Served During the Week

### Grab & Go

A wide variety of sandwiches, wraps, and specialty salads are available daily!

### Options

	Monday	Tuesday	Wednesday	Thursday	Friday
		8/30 Beef & Cheese Nachos with Bread Slice Refried Bean Dip Sliced Peaches Fat Free Milk	31 Grilled Chicken Fajita on a Wrap Golden Corn Fresh Fruit Fat Free Milk	9/1 BBQ Rib Hoagie Sliced Carrots Pineapple Tidbits Fat Free Milk	9/2 Pasta with Meat Sauce Garlic Toast Romaine Salad Mandarin Oranges Fat Free Milk
5	 LABOR DAY	6 Walking Taco with a Bread Slice French Fries Diced Pears Fat Free Milk	7 BBQ Chicken Smackers with Roll and Margarine Baked Beans Peach Cup Fat Free Milk  <b>CYOP Picnic Plate</b>	8 Cheesy Bread Sticks with Dipping Sauce Sliced Carrots Mixed Fruit Fat Free Milk	9 Popcorn Chicken Bowl with Bread Slice Whipped Potatoes with Gravy Applesauce Fat Free milk
	12 BBQ Chicken Sandwich on a Bun Black & White Bean Salad Mandarin Oranges Fat Free Milk	13 <b>Early Dismissal</b> Sausage, Egg, and Cheese on a Bagel Tater Tots Applesauce Cup Fat Free Milk	14 Saucy Meatballs with Rice Bread Slice Golden Corn Fresh Fruit Fat Free Milk <b>CYOB Taco Bowl</b>	15 Chicken Gravy over a Biscuit Diced Carrots Chilled Pears Fat Free Milk	16 Italian Sausage on a Fresh Hoagie Roll with Toppings French Fries Banana Fat Free Milk
	19 Hot Sicilian Hoagie Roasted Chic Peas Diced Pears Fat Free Milk	20 Beef & Cheese Nachos with a Bread Slice Romaine Salad Sliced Peaches Fat Free Milk	21 Sloppy Joe on a Bun with Pickle Chips Coleslaw Mixed Fruit Fat Free Milk  <b>CYOB Waffle Bowl</b>	22 Chicken Stir Fry with Rice Vegetable Blend Bread Slice Pineapple Tidbits Fat Free Milk	23 Creamy Shells and Cheese with a Bread Slice Sliced Carrots Applesauce Fat Free Milk
	<b>Free Cookie</b>				
	26 Popcorn Chicken with a Bread Slice Steamed Broccoli Applesauce Fat Free Milk	27 Walking Taco with Bread Slice Bean Dip Chilled Pears Fat Free Milk	28 BBQ Ham on a Bun Golden Corn Mandarin Oranges Fat Free Milk  <b>CYOB Chicken Bowl</b>	29 Chili Cheese Tots with a Bread Slice Tator Tots Fresh Fruit Fat Free Milk	30 Ham and Cheese Wedge with Toppings Fresh Veggie Cup Mixed Fruit Fat Free Milk

### The Deli

Spicy Italian Hoagie  
 Buffalo Chicken  
 Oven Roasted Turkey and Cheese  
 Ham & Cheese

\*Options Vary Daily

### Accompaniments

\*Must take at least one 1/2 cup of fruit or vegetable

\*Vegetable Bar includes:

Broccoli Florets  
 Baby Carrots  
 Dark Leafy Greens  
 Legume Salads  
 Celery & Cucumber

\*Fruits include:

Crisp Apple  
 Sliced Peaches  
 Mixed Fruit  
 Fresh Orange  
 Banana  
 Pineapple Tidbits  
 Diced Pears  
 Applesauce

### Milk

Milk Choices Offered Daily:  
 1% white, non-fat white, non-fat flavored

### Proud to manage your food service program

Lunch Prices: Paid \$2.10 Reduced \$ .40

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**MENUS SUBJECT TO CHANGE**