

Northwestern School District Elementary Lunch Menu January 2017

Food Service Director: Heather Brady
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What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate
Choice of Vegetable, Choice of Fruit*
Choice of Grain/Bread,
and Choice of Milk

**Students must choose at least one fruit or vegetable*



Fresh Fruits and Vegetables Offered Daily

*Vegetables include:

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
**May choose 1/2 cup serving*

**May choose two 1/2 cup servings*

MENUS SUBJECT TO CHANGE

Lunch Prices:
Paid \$1.85
Reduced \$.40



Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,
Fat Free White and Low Fat White

The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 HAPPY NEW YEAR 2017	3 Corn Dog Nuggets with Bread Slice Romaine Salad Chilled Pears Fat Free Milk	4 French Toast Sticks with Syrup Sausage Patty Tator Tots Mandarin Oranges Fat Free Milk	5 Sloppy Joe on a Bun Bean & Corn Salad Fresh Fruit Fat Free Milk 	6 Popcorn Chicken Bowl Whipped Potatoes with Gravy Roll & Margarine Assorted Fruit Fat Free Milk
9 Chicken Patty on a Bun Tator Tots Applesauce Fat Free Milk	10 Pasta with Meat Sauce and Garlic Bread Green Beans Mandarin Oranges Fat Free Milk	11 Beef & Cheese Nachos with a Bread Slice Romaine Salad Sliced Peaches Fat Free Milk	12 BBQ Rib Hoagie Golden Corn Pineapple Tidbits Fat Free Milk	13 NO SCHOOL
16 NO SCHOOL	17 Grilled Cheese Sandwich Tomato Soup with Crackers Fresh Veggie Cup Applesauce Fat Free Milk	18 Soft Taco with Toppings Bread Slice Bean Dip Diced Pears Fat Free Milk	19 Pepperoni Pizza Assorted Veggie Cup Applesauce Fat Free Milk Free Cookie	20 Cheeseburger On a Bun French Fries Peach Cup Fat Free Milk
23 Chicken Strips with a Roll Seasoned Riced Sliced Carrot Mandarin Oranges Fat Free Milk 	24 Sausage, Egg, and Cheese on a Bagel Tator Tots Fruit Cup Fat Free Milk	25 Pepperoni Pizza Assorted Veggie Cup Applesauce Fat Free Milk	26 Chicken Fries Steamed Broccoli Bread & Margarine Assorted Fruit Fat Free Milk	27 Cheesy Hot Dog On a Bun Baked Beans Mixed Fruit Fat Free Milk
30 Chicken Nuggets with a Bread Slice Sweet Potatoes Mixed Fruit Fat Free Milk	31 Hamburger on a Bun Golden Corn Applesauce Fat Free Milk Free Pudding			
Monday Corn Dog Nuggets with Bread Slice Chef Salad with Bread	Tuesday Peanut Butter and Jelly Sandwich Nachos & Cheese Munchables	Wednesday Breaded Chicken Patty on a Bun Chef Salad with Bread	Thursday Peanut Butter and Jelly Sandwich Ham & Cheese Munchables	Friday Cheese Pizza Chef Salad with Bread