

# Northwestern Middle/High School Lunch Menu

## January 2017



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	Monday	Tuesday	Wednesday	Thursday	Friday	
<p><b>The Grille</b></p> <p>Cheeseburger on a Bun                      Breaded Chicken Sandwich                      Grilled Chicken Sandwich                      Hot Dog on a Bun                      *Options Vary Daily</p>	<p>2</p>	<p>3</p> <p>Corn Dog Nuggets with a Roll &amp; Margarine                      Mashed Potatoes                      Applesauce                      Fat Free Milk</p>	<p>4</p> <p>BBQ Rib on a Bun                      Corn &amp; Bean Salad                      Mandarin Oranges                      Fat Free Milk  <b>CYOB Taco Bowl</b></p>	<p>5</p> <p>Grilled Chicken Salad                      With a Roll &amp; Margarine                      French Fries                      Pineapple                      Fat Free Milk</p>	<p>6</p> <p>Creamy Shells and Cheese                      with a Bread Slice                      Steamed Broccoli                      Assorted Fruit                      Fat Free Milk</p>	<p><b>The Deli</b></p> <p>Spicy Italian Hoagie                      Buffalo Chicken                      Oven Roasted Turkey and Cheese                      Ham &amp; Cheese                      *Options Vary Daily</p>
<p><b>The Garden</b></p> <p>Grilled Chicken Sandwich                      Antipasto Salad                      Chicken Caesar Salad                      Garden Salad with Cheese                      Chef Salad                      Breaded Chicken Salad                      *A Variety Served During the Week</p>	<p>9</p> <p>French Toast Sticks                      with Sausage                      Tator Tots                      Applesauce                      Fat Free Milk</p>	<p>10</p> <p>Beef &amp; Cheese Nachos                      with Bread Slice                      Refried Beans                      Sliced Peaches                      Fat Free Milk</p>	<p>11</p> <p>Grilled Chicken Fajita                      on a Wrap                      Golden Corn                      Fresh Fruit                      Fat Free Milk  <b>CYOB Pasta Bowl</b></p>	<p>12</p> <p>Bacon Cheeseburger                      on a Bun                      Sliced Carrots  <b>Apple Crisp</b>                      Fat Free Milk</p>	<p>13</p> <p><b>NO SCHOOL</b></p>	<p><b>Accompaniments</b></p> <p>*Must take at least one 1/2 cup of fruit or vegetable</p> <p>*Vegetable Bar includes:                      Broccoli Florets                      Baby Carrots                      Dark Leafy Greens                      Legume Salads                      Celery &amp; Cucum-ber</p> <p>*Fruits include:                      Crisp Apple                      Sliced Peaches                      Mixed Fruit                      Fresh Orange                      Banana                      Pineapple Tidbits                      Diced Pears                      Applesauce</p>
<p><b>The Pizzeria</b></p> <p>Hot Buffalo Chicken Pizza                      Mexican Pizza                      Pepperoni Pizza                      Mozzarella Cheese Pizza                      California Chicken Bacon Ranch Pizza                      Broccoli &amp; Cheese Pizza                      *A Variety Served During the Week</p>	<p>16</p> <p><b>NO SCHOOL</b></p>	<p>17</p> <p>Walking Taco with a Bread Slice                      Bean Dip                      Diced Pears                      Fat Free Milk</p>	<p>18</p> <p>Sloppy Joe on a Bun                      Tator Tots                      Peach Cup                      Fat Free Milk  <b>CYOB Waffle Bowl</b></p>	<p>19</p> <p>Chicken Gravy over                      Whipped Potatoes                      Roll &amp; Margarine                      Assorted Fruit                      Fat Free Milk</p>	<p>20</p> <p>Cheesy Bread Sticks                      with Dipping Sauce                      Sliced Carrots                      Mixed Fruit                      Fat Free Milk  <b>Free Cake</b></p>	<p><b>Milk</b></p> <p>Milk Choices Offered Daily:                      1% white, non-fat white, non-fat flavored</p>
<p><b>Grab &amp; Go</b></p> <p>A wide variety of sandwiches, wraps, and specialty salads are available daily!</p>	<p>23</p> <p>Ham &amp; Cheese Wrap                      Chicken Noodle Soup with Crackers                      Orange &amp; White Bean Salad                      Mandarin Oranges  Fat Free Milk</p>	<p>24</p> <p>Sausage, Egg, and Cheese on a Bagel                      Tater Tots                      Applesauce Cup                      Fat Free Milk</p>	<p>25</p> <p>Chicken Sandwich                      Mixed Vegetables                      Assorted Fruit Cup                      Fat Free Milk  <b>CYOB Potato Bowl</b></p>	<p>26</p> <p>Pasta with Meat Sauce                      Garlic Toast                      Green Beans                      Mandarin Oranges                      Fat Free Milk</p>	<p>27</p> <p>Baked Chicken                      with a Bread Slice                      Whipped Potatoes                      with Gravy                      Mixed Fruit                      Fat Free Milk</p>	<p><b>Proud to manage your food service program</b></p> <p>The Nutrition Group</p>
<p><b>Options</b></p>	<p>30</p> <p>Cheesy Hot Dog on a Bun                      BBQ Baked Beans                      Applesauce                      Fat Free milk</p>	<p>31</p> <p>Grilled Cheese with                      Tomato Soup                      Green Bean Casserole                      Assorted Fruit                      Fat Free Milk</p>	<p><b>After School                      Dinner Program</b></p> <p><b>Free dinners for students from 2:30-4:30 on Tuesdays, Wednesdays, and Thursdays in the High School Cafeteria!!</b></p>			<p><b>Lunch Prices: Paid \$2.10 Reduced \$ .40</b></p> <p>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</p> <p><b>MENUS SUBJECT TO CHANGE</b></p>