

Northwestern Middle/High School Lunch Menu

November 2016



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

AFTER SCHOOL DINNER PROGRAM COMING SOON!! MORE INFORMATION WILL BE SENT HOME WITH STUDENTS.



Cheeseburger on a Bun
Breaded Chicken Sandwich
Grilled Chicken Sandwich
Hot Dog on a Bun
 *Options Vary Daily



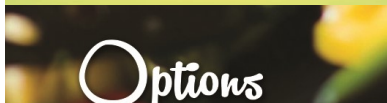
Grilled Chicken Sandwich
Antipasto Salad
Chicken Caesar Salad
Garden Salad with Cheese
Chef Salad
Breaded Chicken Salad
 *A Variety Served During the Week



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



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



Spicy Italian Hoagie
Buffalo Chicken
Oven Roasted Turkey and Cheese
Ham & Cheese
 *Options Vary Daily



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

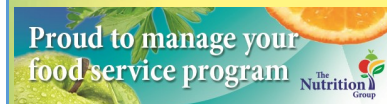
***Vegetable Bar includes:**
 Broccoli Florets
 Baby Carrots
 Dark Leafy Greens
 Legume Salads
 Celery & Cucumber

***Fruits include:**
 Crisp Apple
 Sliced Peaches
 Mixed Fruit
 Fresh Orange
 Banana
 Pineapple Tidbits
 Diced Pears
 Applesauce

Monday	Tuesday	Wednesday	Thursday	Friday
31 Corn Dog Nuggets with a Roll & Margarine Tator Tots Applesauce Fat Free Milk	1 Pepperoni Pinwheels Romaine Salad Peach Cup Fat Free Milk	2 BBQ Rib on a Bun Corn & Bean Salad Mandarin Oranges Fat Free Milk CYOB Taco Bowl	3 Grilled Chicken Salad With a Roll & Margarine French Fries Pineapple Fat Free Milk	4 Creamy Shells and Cheese with a Bread Slice Steamed Broccoli Assorted Fruit Fat Free Milk
7 Toasted Italian Sub on a Bun Tator Tots Applesauce Fat Free Milk	8 Beef & Cheese Nachos with Bread Slice Refried Bean Dip Sliced Peaches Fat Free Milk	9 Grilled Chicken Fajita on a Wrap Golden Corn Fresh Fruit Fat Free Milk CYOB Pasta Bowl	10 Cheeseburger on a Bun Sliced Carrots Apple Crisp Fat Free Milk	11 Pasta with Meat Sauce Garlic Toast Green Beans Mandarin Oranges Fat Free Milk
14 Beef & Cheddar Hoagie with Peppers and Onions Sweet Potato Waffle Fries Mixed Fruit Fat Free Milk	15 Walking Taco with a Bread Slice Fresh Vegetable Cup Diced Pears Fat Free Milk	16 Meatball Hoagie with Cheese Tator Tots Peach Cup Fat Free Milk CYOB Waffle Bowl	17 Roasted Turkey Gravy with Stuffing Whipped Potatoes with Gravy Roll & Margarine Assorted Fruit Fat Free Milk	18 Cheesy Hot Dog on a Bun BBQ Baked Beans Applesauce Fat Free Milk
21 Ham & Cheese Wrap Chicken Noodle Soup with Crackers Romaine Salad Mandarin Oranges Fat Free Milk	22 Early Dismissal Sausage, Egg, and Cheese on a Bagel Tator Tots Applesauce Cup Fat Free Milk	23 Early Dismissal Chicken Sandwich Mixed Vegetables Assorted Fruit Cup Fat Free Milk		
28 NO SCHOOL	29 Grilled Cheese with Tomato Soup Green Bean Casserole Assorted Fruit Fat Free Milk	30 Hamburger on a Bun Golden Corn Applesauce Fat Free Milk CYOB Fiesta Bowl		



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



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

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

MENUS SUBJECT TO CHANGE