

Northwestern School District Elementary Lunch Menu

October 2016

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

*May choose two 1/2 cup servings

*Fruits include:

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

*May choose 1/2 cup serving

MENUS SUBJECT TO CHANGE



Milk Choices Offered Daily

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

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY				
3	French Toast with Syrup Sausage Patty Tator Tots Mandarin Oranges	4 Beef & Cheese Nachos Romaine Salad Sliced Peaches Fat Free Milk	5 Hot Dog on a Bun Baked Beans Applesauce Fat Free Milk	6 Salisbury Steak Noodles with Gravy Cooked Carrots Pineapple Tidbits Fat Free Milk	7 Cheeseburger on a Bun Golden Corn Assorted Fruit Fat Free Milk Pudding Cup				
10	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	11 Taco Pizza Leafy Green Salad Diced Peaches Fat Free Milk	12 Creamy Shells and Cheese with a Bread Slice Steamed Broccoli Diced Pears Fat Free Milk	13 BBQ Rib on a Bun Sliced Carrots Mixed Fruit Fat Free Milk	14 Chicken Nuggets with Bread Slice Whipped Potatoes with Gravy Flavored Applesauce Fat Free Milk				
17	Hamburger on a Bun Sweet Potatoes Mixed Fruit Cup Fat Free Milk Cookie Dessert	18 Cheesy Bread Sticks with Dipping Sauce French Fries Mandarin Oranges Fat Free Milk	19 W W Springfield Walking Taco with a Bread Slice Refried Beans Fresh Fruit Fat Free Milk	20 Chicken Alfredo over Pasta Steamed Broccoli Chilled Pears Fat Free Milk	21 Meatball Hoagie Sliced Carrots Diced Peach Fat Free Milk				
24	Chicken Patty on a Bun Bean Salad Diced Pears Fat Free Milk	25 BBQ Ham on a Bun Potato Wedges Applesauce Cup Fat Free Milk	26 Pepperoni Pizza Mixed Vegetables Apple Crisp Fat Free Milk	27 Cheeseburger on a Bun Whipped Potatoes Bread Slice Pineapple Tidbits Fat Free Milk	28 Italian Hoagie Fresh Veggie Cup Fresh Banana Fat Free Milk				
Monday	Corn Dog Nuggets with Bread Slice Chef Salad with Bread	Tuesday	Peanut Butter and Jelly Sandwich Chef Salad with Bread	Wednesday	Breaded Chicken Patty on a Bun Chef Salad with Bread	Thursday	Peanut Butter and Jelly Sandwich Chef Salad with Bread	Friday	Cheese Pizza Chef Salad with Bread