

Northwestern Middle/High School Lunch Menu

October 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
3 Buffalo Chicken Warp Romaine Salad Assorted Fruit Fat Free Milk	4 Fiestada Pizza Sweet Potato Fries Sliced Peaches Fat Free Milk	5 BBQ Rib on a Bun Golden Corn Applesauce Fat Free Milk CYOB Taco Bowl	6 Salisbury Steak Noodles with Gravy Cooked Carrots Pineapple Tidbits Fat Free Milk	7 Cheesy Hot Dog on a Bun French Fries Mandarin Oranges Fat Free Milk Cake Dessert
10 NO SCHOOL <i>Fall</i>	11 Beef & Cheese Nachos Bean Dip Sliced Peaches Fat Free Milk	12 Chicken Sandwich Golden Corn Diced Pears Fat Free Milk CYOB Pasta Bowl	13 Homemade Stromboli Romaine Salad Mixed Fruit Fat Free Milk	14 Corn Dog Nuggets Bread Slice Whipped Potatoes with Gravy Applesauce Fat Free milk
17 French Toast w/Syrup Sausage Patty Tator Tots Mandarin Oranges Fat Free Milk	18 General Tso Chicken Over Seasoned Rice Sliced Carrots Chilled Pears Fat Free Milk Fortune Cookie	19 Bacon Cheeseburger on a Bun Veggie Cup Fresh Fruit Fat Free Milk CYOB Fiesta Bowl	20 Meatloaf with Gravy Roll and Margarine Whipped Potatoes Applesauce Fat Free Milk	21 Cheesy Bread Sticks with Dipping Sauce Sweet Potato Fries Peaches Fat Free Milk
24 Chicken Taco Wrap Refried Beans Diced Pears Fat Free Milk	25 BBQ Pulled Pork on Bun Seasoned Potato Wedges Mixed Fruit Cup Fat Free Milk	26 Cheeseburger on a Bun Whipped Potatoes Apple Crisp Fat Free Milk CYOB Potato Bowl	27 Chicken and Gravy over a Biscuit Sliced Carrots Pineapple Tidbits Fat Free Milk	28 Buffalo Chicken Grilled Cheese Sandwich Green Beans Mandarin Orange 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

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