



Northshore School District Middle School

December 2018

InSeason! Grapefruit

In just 1/2 (100g) of a grapefruit there's roughly 60% daily value for vitamin C! That's more than half of your daily need in less than a cup!

May increase metabolic rate (i.e. metabolism!), by working on a cellular level increasing the amount of ATP, which is a fancy way of saying "cellular energy".

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|---|
| 03 Beef Nachos Chicken Nachos Cheese Quesadilla Boneless Chicken Wings Chicken Caesar Wrap Chicken Caesar Salad | 04 BBQ Pork Sandwich Baked Potato with Chili Corn Dog Chicken Caesar Wrap Chicken Caesar Salad | 05 Chicken Drumstick Buffalo Chicken Tot'chos Boneless Chicken Wings Chicken Caesar Wrap Chicken Caesar Salad | 06 Penne Alfredo Chicken Chicken Alfredo Sandwich Corn Dog Chicken Caesar Wrap Chicken Caesar Salad | 07 Beef Nachos Chicken Nachos Pork Enchiladas Chicken Caesar Wrap Chicken Caesar Salad |
| 10 Beef/Chicken Nachos Beef/Chicken Taco Salad Beef/Chicken Burrito Boneless Chicken Wings Chicken Caesar Wrap Chicken Caesar Salad | 11 Chicken Teriyaki Bowl Orange Chicken Bowl Corn Dog Chicken Caesar Wrap Chicken Caesar Salad | 12 Turkey Gravy with Mashed Potatoes Chicken Nugget Bowl Boneless Chicken Wings Chicken Caesar Wrap Chicken Caesar Salad | 13 Pepperoni Cheese Ripper With Tomato Soup Tortellini Corn Dog Chicken Caesar Wrap Chicken Caesar Salad | 14 Beef/Chicken Nachos Beef/Chicken Taco Salad Beef/Chicken Burrito Fish Burger Chicken Caesar Wrap Chicken Caesar Salad |
| 17 Beef/Chicken Nachos Beef/Chicken Taco Salad Beef/Chicken Burrito Boneless Chicken Wings Chicken Caesar Wrap Chicken Caesar Salad | 18 BBQ Pork Sandwich Chicken Tortilla Soup Corn Dog Chicken Caesar Wrap Chicken Caesar Salad | 19 No School Winter Break | 20 No School Winter Break | 21 No School Winter Break |
| 24 No School Winter Break | 25 No School Winter Break | 26 No School Winter Break | 27 No School Winter Break | 28 No School Winter Break |
| 31 No School Winter Break | | | | This institution is an equal opportunity provider and employer |

Announcements

Offered Daily: Deli Sandwich, Pizza, Cheeseburger, Chicken Burger, Vegetable Burger, Yogurt Lunch AND Hummus Plate.

Included with All Lunches
 Fruit & Vegetable Garden Bar
 1% White or NF Chocolate Milk

Menu selections may change based on product availability.

*Juliana Fisher, MS, RDN, CD
 Director, Food Services*

Meal Prices

| Breakfast | |
|------------------|--------|
| Elementary | \$1.75 |
| Secondary | \$2.00 |
| Reduced K-12 | Free |
| Adult | \$2.40 |
| Lunch | |
| Elementary | \$3.00 |
| Secondary | \$3.25 |
| Reduced K-3 | Free |
| Reduced PK, 4-12 | \$0.40 |
| Adult | \$4.00 |
| Milk Only | \$0.50 |