

# January 2019


## Northwestern Regional High School Lunch

Daily Lunch Price: Paid \$3.00 Reduced \$.40 Milk Price: \$.60

Milk is offered with every meal: 1% or fat free white, fat free chocolate

Daily offerings: Assorted fresh or canned fruits, raw veggies w/hummus

Always Available: Pre-made salads, Grab-N-Go Box, Deli, Rice Bowl

Monday	Tuesday	Wednesday	Thursday	Friday
	1 New Year's Day No School	2 Bosco Sticks With Marinara Steamed Broccoli	3 Cheeseburger on a Roll Black Bean & Corn Fiesta Salad Potato Wedges Fresh Baked Cookie	4 Pizza Choice: French Bread or Fried Dough Spinach Salad
7 French Toast Sticks with Syrup Seasoned Carrots Turkey Sausage Patties	8 Chicken Tenders Seasoned Corn Regular or Spicy Fries Dinner Roll	9 Mozzarella Sticks w/Marinara Green Beans Tater Tots Breadstick	10 Cheddar Fries Supreme With Ground Beef Sour Cream, Broccoli Crinkle Cut Fries Apple Fruit Pocket	11 Pizza Garden Salad
14 French Bread Pizza Seasoned Green Beans	15 Popcorn Chicken Mashed Potatoes w/Gravy Seasoned Corn Blueberry Muffin	16 Pasta w/Meat Sauce Seasoned Carrots Breadstick	17 Nachos Beef or Chicken Cheese, Tomato, Salsa, Sour Cream, Seasoned Corn Rice & Red Beans	18 Pizza Choice: French Bread or Fried Dough Spinach Salad
21 Martin Luther King Day No School	22 Chicken Nuggets Glazed Carrots French Fries Biscuit	23 Meatball Grinder Mixed Vegetable Blend Tater Tots	24 Hot Dog on a Roll Baked Beans Oven Baked Fries Fresh Baked Cookie	25 Pizza Garden Salad
28 Asian Chicken Steamed Brown Rice Oriental Vegetables Fresh Baked Cookie	29 Chicken Patty on a Roll Seasoned Carrots Regular or Spicy Fries	30 Pasta w/Marinara And Meatballs Parmesan Cheese Seasoned Broccoli Dinner Roll	31 Toasted Cheese Sandwich Soup Seasoned Green Beans	<b>A healthy breakfast is            available daily. If your            child qualifies for free or            reduced lunch, they also            qualify for free or            reduced breakfast</b>

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Menu subject to change