



Northshore School District Wellington

January 2019

In Season Oranges

Oranges are a great source of Vitamin C and Dietary Fiber

In addition, oranges are a good source of B vitamins including Vitamin B1, Pantothenic acid, and Folate as well as Vitamin A, Calcium, Copper, and Potassium



Monday

This institution is an equal opportunity provider and employer.

Tuesday

**No School
Winter Break**

Wednesday

Thursday

Friday

- A. Baked Potato with Chili ☺ & Dinner Roll 7
- B. Cheesesticks with Marinara Sauce ☺
- C. Chicken Caesar Salad & Whole Grain Roll

- A. Nachos with Seasoned Chicken 8
- B. Cheese Quesadilla ☺
- C. Yogurt Lunch

- A. Turkey Gravy with Mashed Potatoes & Roll 9
- B. Cheese Ripper
- C. Deli Stack Pack

- A. Chicken and Rice Soup ☺ 10
- B. Yogurt Parfait
- C. Hummus Plate

- A. 100% Beef Cheeseburger 11
- B. Fish Burger
- C. Yogurt Lunch

- A. Pepperoni Pizza 🐱 14
- B. Cheese Pizza
- C. Chicken Caesar Salad & Whole Grain Roll

- A. Nachos with Seasoned Beef 15
- B. Beef & Bean Taco Salad
- C. Yogurt Lunch

- A. Ham*, Egg & Cheese Breakfast Burger 16
- B. Snowman Pretzel with Cheese Sauce and Sunflower Seeds
- C. Deli Stack Pack

- A. Teriyaki Chicken Bowl 17
 - B. Sweet-n-Sour Chicken Bowl
 - C. Hummus Plate
- Fortune Cookie*

- A. All White Meat Chicken Burger 18
- B. Fish Burger
- C. Yogurt Lunch

**No School
Martin Luther King Jr. Day** 21

- A. Nachos with Seasoned Chicken 22
- B. Cheese Quesadilla ☺
- C. Yogurt Lunch

- A. All White Meat Chicken Bites with Brown Rice 23
- B. Grilled Cheese Sandwich & Tomato Soup ☺
- C. Deli Stack Pack

- A. Chicken Drumstick 24 w/Roasted Potatoes
 - B. Yogurt Parfait
 - C. Hummus Plate
- Strawberry Graham Crackers*

- A. 100% Beef Cheeseburger 25
- B. Fish Burger
- C. Yogurt Lunch

**No School
Non-Student Day** 28

- A. Pepperoni Pizza 🐱 29
- B. Cheese Pizza
- C. Yogurt Lunch

- A. Pancakes and Egg Moons 30
- B. Cheesesticks with Marinara Sauce ☺
- C. Deli Stack Pack

- A. Orange Chicken Rice Bowl 31
 - B. Hawaiian Beef Teriyaki Rice Bowl
 - C. Hummus Plate
- Fortune Cookie*

- 🐱 = Contains pork
- * = Turkey Ham products containing 100% turkey - no pork ingredients
- ☺ = Menu items made from or partially made from scratch

Announcements

ALSO AVAILABLE

Fridays: Vegetarian Burger upon Request

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