



Northshore School District High School

# 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

Buffalo Chicken 2  
To'chos  
Chicken Potato Bowl  
Boneless Chicken Wings  
Chicken Caesar Wrap  
Chicken Caesar Salad

### Thursday

BBQ Pulled Pork 3  
Cheese Ripper  
With Tomato Soup  
Corn Dog  
Spicy Chicken Wrap  
Chicken Caesar Salad

### Friday

Beef/Chicken Nachos 4  
Beef/Chicken Taco  
Salad  
Beef/Chicken Burrito  
Fish Burger  
Chicken Caesar Wrap  
Chicken Caesar Salad

Beef/Chicken Nachos 7  
Beef/Chicken Taco  
Salad  
Beef/Chicken Burrito  
Boneless Chicken Wings  
Chicken Caesar Wrap  
Chicken Caesar Salad

Beef Chili with 8  
Cornbread  
Spaghetti & Meatballs  
Corn Dog  
Spicy Chicken Wrap  
Chicken Caesar Salad

Turkey Gravy with 9  
Mashed Potatoes  
Chicken Drumstick with  
Mashed Potatoes  
Boneless Chicken Wings  
Chicken Caesar Wrap  
Chicken Caesar Salad

Chicken Tortilla Soup 10  
Alfredo Chicken  
Sandwich  
Corn Dog  
Spicy Chicken Wrap  
Chicken Caesar Salad

Beef/Chicken Nachos 11  
Beef/Chicken Taco  
Salad  
Beef/Chicken Burrito  
Fish Burger  
Chicken Caesar Wrap  
Chicken Caesar Salad

Beef/Chicken Nach 14  
Beef/Chicken Taco  
Salad  
Beef/Chicken Burrito  
Boneless Chicken Wings  
Chicken Caesar Wrap  
Chicken Caesar Salad

Asian Beef Wrap 15  
Teriyaki Chicken  
Corn Dog  
Spicy Chicken Wrap  
Chicken Caesar Salad

Chicken Rice Soup 16  
Buffalo Chicken Tot'chos  
Boneless Chicken Wings  
Chicken Caesar Wrap  
Chicken Caesar Salad

BBQ Pulled Pork 17  
Cheese Ripper  
With Tomato Soup  
Corn Dog  
Spicy Chicken Wrap  
Chicken Caesar Salad

Beef/Chicken Nachos 18  
Beef/Chicken Taco  
Salad  
Beef/Chicken Burrito  
Fish Burger  
Chicken Caesar Wrap  
Chicken Caesar Salad

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

Beef Chili with 22  
Cornbread  
Spaghetti & Meatballs  
Corn Dog  
Spicy Chicken Wrap  
Chicken Caesar Salad

Turkey Gravy with 23  
Mashed Potatoes  
Chicken Drumstick with  
Mashed Potatoes  
Boneless Chicken Wings  
Chicken Caesar Wrap  
Chicken Caesar Salad

Chicken Tortilla Soup 24  
Alfredo Chicken  
Sandwich  
Corn Dog  
Spicy Chicken Wrap  
Chicken Caesar Salad

Beef/Chicken Nachos 25  
Beef/Chicken Taco  
Salad  
Beef/Chicken Burrito  
Fish Burger  
Chicken Caesar Wrap  
Chicken Caesar Salad

**No School** 28  
**Non-Student Day**

Hawaiian Beef Bowl 29  
Sweet Thai Chili Chicken  
Corn Dog  
Spicy Chicken Wrap  
Chicken Caesar Salad

Chicken Rice Soup 30  
Buffalo Chicken Tot'chos  
Boneless Chicken Wings  
Chicken Caesar Wrap  
Chicken Caesar Salad

BBQ Pulled Pork 31  
Cheese Ripper  
With Tomato Soup  
Corn Dog  
Spicy Chicken Wrap  
Chicken Caesar Salad

## Announcements

**Offered Daily:** Deli Sandwich, Hummus Plate, Yogurt Lunch, Pizza, Cheeseburger, Chicken Burger and Vegetable Burger

**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, SNS  
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