



Northshore School District Elementary

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. BBQ Beef Hoagie 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 Rice Soup 10
 - B. Yogurt Parfait
 - C. Hummus Plate
- State & Capitals Crackers*

- 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 Chicker 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 21
Martin Luther King Jr. Day

- 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 with 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 28
Non-Student Day

- 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

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

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|--------------|--------|
| Elementary | \$1.75 |
| Secondary | \$2.00 |
| Reduced K-12 | Free |
| Adult | \$2.40 |

Lunch

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