

**Health • e**  
**LIVING**



Northshore School District High School

# February 2019

## In Season Broccoli

Broccoli shares cancer fighting, immune boosting properties.

Broccoli contains high levels of both calcium and vitamin k, both of which are important for bone health and prevention of osteoporosis



### Monday

This institution is an equal opportunity provider and employer.

Beef/Chicken Nachos <sup>4</sup>  
Beef/Chicken Taco Salad  
Beef/Chicken Burrito  
Corn Dog  
Chicken Caesar Wrap  
Chicken Caesar Salad

Beef/Chicken Nachos <sup>11</sup>  
Beef/Chicken Taco Salad  
Beef/Chicken Burrito  
Corn Dog  
Chicken Caesar Wrap  
Chicken Caesar Salad

<sup>18</sup>  
*No School*  
*President's Day*

Beef/Chicken Nachos <sup>25</sup>  
Beef/Chicken Taco Salad  
Beef/Chicken Burrito  
Corn Dog  
Chicken Caesar Wrap  
Chicken Caesar Salad

### Tuesday

Asian Beef Wrap <sup>5</sup>  
Teriyaki Chicken with Brown Rice  
Corn Dog  
Spicy Chicken Wrap  
Chicken Caesar Salad

Beef Chili with Cornbread <sup>12</sup>  
Spaghetti & Meatballs  
Corn Dog  
Spicy Chicken Wrap  
Chicken Caesar Salad

<sup>19</sup>  
*No School*  
*Mid-Winter Break*

Hawaiian Beef Bowl <sup>26</sup>  
Sweet Thai Chili Chicken with Brown Rice  
Corn Dog  
Spicy Chicken Wrap  
Chicken Caesar Salad

### Wednesday

Turkey Gravy with Mashed Potatoes & Roll <sup>6</sup>  
Chicken Drumstick with Mashed Potatoes & Roll  
Corn Dog  
Chicken Caesar Wrap  
Chicken Caesar Salad

Chicken Rice Soup <sup>13</sup>  
Buffalo Chicken Tot'chos  
Corn Dog  
Chicken Caesar Wrap  
Chicken Caesar Salad

<sup>20</sup>  
*No School*  
*Mid-Winter Break*

Chicken Rice Soup <sup>27</sup>  
Buffalo Chicken Tot'chos with Breadstick  
Corn Dog  
Chicken Caesar Wrap  
Chicken Caesar Salad

### Thursday

Chicken Tortilla Soup <sup>7</sup>  
Alfredo Chicken Sandwich  
Corn Dog  
Spicy Chicken Wrap  
Chicken Caesar Salad

BBQ Pulled Pork <sup>14</sup>  
Cheese Ripper With Tomato Soup  
Corn Dog  
Spicy Chicken Wrap  
Chicken Caesar Salad

<sup>21</sup>  
*No School*  
*Mid-Winter Break*

BBQ Pulled Pork <sup>28</sup>  
Cheese Ripper With Tomato Soup  
Corn Dog  
Spicy Chicken Wrap  
Chicken Caesar Salad

### Friday

Beef/Chicken Nachos <sup>1</sup>  
Beef/Chicken Taco Salad  
Beef/Chicken Burrito  
Fisher Burger  
Chicken Caesar Wrap  
Chicken Caesar Salad

Beef/Chicken Nachos <sup>8</sup>  
Beef/Chicken Taco Salad  
Beef/Chicken Burrito  
Fisher Burger  
Chicken Caesar Wrap  
Chicken Caesar Salad

Beef/Chicken Nachos <sup>15</sup>  
Beef/Chicken Taco Salad  
Beef/Chicken Burrito  
Fisher Burger  
Chicken Caesar Wrap  
Chicken Caesar Salad

<sup>22</sup>  
*No School*  
*Mid-Winter Break*

## 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