



Northshore School District SAS

June 2019

In Season Watermelon

Watermelons are 92 percent water, but these refreshing fruits are filled with nutrients.

They have vitamins A, B6, and C, lots of lycopene, antioxidants and amino acids.



Monday

Beef Nachos 3
Cheese Quesadilla
Cheeseburger
Yogurt Lunch

Beef Nachos 10
Cheese Quesadilla
Cheeseburger
Yogurt Lunch

Beef Nachos 17
Cheese Quesadilla
Cheeseburger
Yogurt Lunch

Beef Nachos 24
Cheese Quesadilla
Cheeseburger
Yogurt Lunch

Tuesday

Korean BBQ Beef 4
Cheesesticks with Tomato Soup
Chicken Burger
Spicy Chicken Burger
Cheeseburger
Hummus Plate

BBQ Pork Sandwich 11
Cheesesticks with Tomato Soup
Chicken Burger
Spicy Chicken Burger
Cheeseburger
Hummus Plate

Korean BBQ Beef 18
Cheesesticks with Tomato Soup
Chicken Burger
Spicy Chicken Burger
Cheeseburger
Hummus Plate

25
Summer Vacation!

Wednesday

Buffalo Chicken 5
Tot'chos
Cheeseburger
Boneless Chicken Wings
Corn Dog
Spicy Chicken Wrap

Macaroni and Cheese 12
Cheeseburger
Boneless Chicken Wings
Corn Dog
Spicy Chicken Wrap

Buffalo Chicken 19
Tot'chos
Cheeseburger
Boneless Chicken Wings
Corn Dog
Spicy Chicken Wrap

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Thursday

Chicken Potato Bowl 6
Chicken Burger
Spicy Chicken Burger
Cheeseburger
Deli Sandwich

Chicken Potato Bowl 13
Chicken Burger
Spicy Chicken Burger
Cheeseburger
Deli Sandwich

Chicken Potato Bowl 20
Chicken Burger
Spicy Chicken Burger
Cheeseburger
Deli Sandwich

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This institution is an equal opportunity provider and employer.

Friday

Chicken Teriyaki 7
Cheeseburger
Corn Dog
Chicken Caesar Wrap

Orange Chicken 14
Cheeseburger
Corn Dog
Chicken Caesar Wrap

Chicken Teriyaki 21
Cheeseburger
Corn Dog
Chicken Caesar Wrap

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Announcements

Offered Daily: Pizza Variety, Vegetarian 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, 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	