

Northshore School District Middle School

Health-e
LIVING



September 2019

In Season Grapes

One cup of grapes, with about 100 calories, provides more than a quarter of the daily recommended values of vitamins K and C. Grape seeds, which are edible, are full of antioxidants. Grapes are a kind berry. They have a leathery covering and a fleshy inside, similar to blueberries.



Monday

Labor Day 2
No School

Beef/Chicken Nachos 9
Beef/Chicken Taco Salad
Beef/Chicken Burrito
Mini Corn Dogs
Chicken Caesar Wrap
Chicken Caesar Salad

Beef/Chicken Nachos 16
Beef/Chicken Taco Salad
Beef/Chicken Burrito
Mini Corn Dogs
Chicken Caesar Wrap
Chicken Caesar Salad

Beef/Chicken Nachos 23
Beef/Chicken Taco Salad
Beef/Chicken Burrito
Mini Corn Dogs
Chicken Caesar Wrap
Chicken Caesar Salad

Beef/Chicken Nachos 30
Beef/Chicken Taco Salad
Beef/Chicken Burrito
Mini Corn Dogs
Chicken Caesar Wrap
Chicken Caesar Salad

Tuesday

No School 3

BBQ Pork Sandwich 10
Thai Chicken Satay
Chicken Tenders
Chicken Caesar Wrap
Chicken Caesar Salad

Chicken Teriyaki Bowl 17
Korean BBQ Pork Bowl
Chicken Tenders
Chicken Caesar Wrap
Chicken Caesar Salad

Chicken Curry 24
Baked Potato with Chili
Chicken Tenders
Chicken Caesar Wrap
Chicken Caesar Salad

Wednesday

Macaroni & Cheese 4
Wild Alaska Fish & Chips
Chicken Caesar Wrap
Chicken Caesar Salad

Buffalo Chicken Tot'chos 11
Chicken Alfredo Pasta
Wild Alaska Fish & Chips
Chicken Caesar Wrap
Chicken Caesar Salad

Turkey Gravy & 18
Mashed Potato with Roll
Pasta with Meat Sauce
Wild Alaska Fish & Chips
Chicken Caesar Wrap
Chicken Caesar Salad

Chicken Potato Bowl 25
Macaroni & Cheese
Wild Alaska Fish & Chips
Chicken Caesar Wrap
Chicken Caesar Salad

Thursday

Cheese Ripper with 5
Tomato Soup
Chicken Drumstick with Waffles
Chicken Tenders
Chicken Caesar Wrap
Chicken Caesar Salad

Chicken Tortilla Soup 12
with Chips
Big Wild Alaska Fish Taco
Chicken Tenders
Chicken Caesar Wrap
Chicken Caesar Salad

Cheese Ripper with 19
Potato Soup
Pork Enchilada
Chicken Tenders
Chicken Caesar Wrap
Chicken Caesar Salad

Cheese Ripper with 26
Tomato Soup
Chicken Drumstick with Waffles
Chicken Tenders
Chicken Caesar Wrap
Chicken Caesar Salad

This institution is an equal opportunity provider and employer.

Friday

Beef/Chicken Nachos 6
Beef/Chicken Taco Salad
Beef/Chicken Burrito
Wild Alaska Fish Burger
Mini Corn Dogs
Chicken Caesar Wrap
Chicken Caesar Salad

Beef/Chicken Nachos 13
Beef/Chicken Taco Salad
Beef/Chicken Burrito
Wild Alaska Fish Burger
Mini Corn Dogs
Chicken Caesar Wrap
Chicken Caesar Salad

Beef/Chicken Nachos 20
Beef/Chicken Taco Salad
Beef/Chicken Burrito
Wild Alaska Fish Burger
Mini Corn Dogs
Chicken Caesar Wrap
Chicken Caesar Salad

Beef/Chicken Nachos 27
Beef/Chicken Taco Salad
Beef/Chicken Burrito
Wild Alaska Fish Burger
Mini Corn Dogs
Chicken Caesar Wrap
Chicken Caesar Salad

Announcements

Offered Daily: Deli Sandwich, Pizza, Cheeseburger, Chicken Burger, Vegetable Burger, Yogurt Lunch AND Hummus Plate.

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	\$2.05
Secondary	\$2.30
Reduced K-12	Free
Adult	\$2.70

Lunch

Elementary	\$3.30
Secondary	\$3.55
Reduced K-3	Free
Reduced PK, 4-12	\$0.40
Adult	\$4.30
Milk Only	\$0.50