



Northshore School District Middle School

January

2020

In Season Oranges

Oranges are a great source of Vitamin C and Dietary Fiber.

In addition, oranges are a good source of B vitamins as well as Vitamin A.



Monday

- ☒ = Contains pork
- * = Turkey Ham products containing 100% turkey - no pork ingredients

Beef/Chicken Nachos 6
Beef/Chicken Taco Salad
Beef/Chicken Burrito
Mini Corn Dogs*
Chicken Caesar Wrap
Chicken Caesar Salad

Beef/Chicken Nachos 13
Beef/Chicken Taco Salad
Beef/Chicken Burrito
Mini Corn Dogs*
Chicken Caesar Wrap
Chicken Caesar Salad

20
**Martin Luther King, Jr. Day
No School**

27
**Non-Student Day
Grading Day
No School**

Tuesday

Chicken Tikka Masala 7
Sweet & Sour Chicken with Rice or Noodles
Chicken Tenders & Wedges
Chicken Caesar Wrap
Chicken Caesar Salad

Chicken Teriyaki 14
with Rice or Noodles
Vegan Chana Masala
Chicken Tenders & Wedges
Chicken Caesar Wrap
Chicken Caesar Salad

Vegan Curry with Rice 21
Orange Chicken with Rice or Noodles
Chicken Tenders & Wedges
Chicken Caesar Wrap
Chicken Caesar Salad

Egg Roll with Fried Rice 28
Thai Chicken Satay over Rice
Chicken Tenders & Wedges
Spicy Chicken Wrap
Chicken Caesar Salad

Wednesday

1
Winter Break

Buffalo Chicken 8
Tot'chos
Alfredo Chicken Pasta
Mini Calzones with Marinara Sauce
Chicken Caesar Wrap
Chicken Caesar Salad

Turkey Gravy with Mashed Potatoes 15
Pasta with Meat Sauce
Mini Calzones with Marinara Sauce
Chicken Caesar Wrap
Chicken Caesar Salad

Chicken Tender 22
Potato Bowl
Macaroni & Cheese
Mini Calzones with Marinara Sauce
Chicken Caesar Wrap
Chicken Caesar Salad

Buffalo Chicken 29
Tot'chos
Alfredo Chicken Pasta
Mini Calzones with Marinara Sauce
Chicken Caesar Wrap
Chicken Caesar Salad

Thursday

2
Winter Break

Chicken & Rice Soup 9
w/ Dinner Roll
Beef Gyro
Chicken Tenders & Wedges
Chicken Caesar Wrap
Chicken Caesar Salad

Cheesy French Bread 16
w/ Tomato Soup
Chicken Enchiladas
Chicken Tenders & Wedges
Chicken Caesar Wrap
Chicken Caesar Salad

Cheesy Bread Rippers 23
w/Homemade Potato Soup
Chicken & Waffles
Chicken Tenders & Wedges
Chicken Caesar Wrap
Chicken Caesar Salad

Chicken Tortilla Soup 30
with Chips
Big Wild Alaska Fish Taco
Chicken Tenders & Wedges
Spicy Chicken Wrap
Chicken Caesar Salad

Friday

3
Winter Break

Beef/Chicken Nachos 10
Beef/Chicken Taco Salad
Beef/Chicken Burrito
Wild Alaska Fish Burger
Mini Corn Dogs*
Chicken Caesar Wrap
Chicken Caesar Salad

Beef/Chicken Nachos 17
Beef/Chicken Taco Salad
Beef/Chicken Burrito
Wild Alaska Fish Burger
Mini Corn Dogs*
Chicken Caesar Wrap
Chicken Caesar Salad

Beef/Chicken Nachos 24
Beef/Chicken Taco Salad
Beef/Chicken Burrito
Wild Alaska Fish Burger
Mini Corn Dogs*
Chicken Caesar Wrap
Chicken Caesar Salad

Beef/Chicken Nachos 31
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*, Cheese or Pepperoni
☒ Pizza, Cheeseburger, Chicken Burger, Veggie 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.

Follow us on Instagram 
[@nsdfoodandnutrition](https://www.instagram.com/nsdfoodandnutrition)

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