



Northshore School District Middle School

February

2020

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

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

Tuesday

Follow us on Instagram

 @nsdfoodandnutrition

Wednesday

Thursday

Friday

Beef/Chicken Nachos **3**
 Beef/Chicken Taco Salad
 Beef/Chicken Burrito
 Mini Corn Dogs*
 Chicken Caesar Wrap
 Chicken Caesar Salad

Chicken Teriyaki **4**
 with Rice or Noodles
 Korean BBQ Pork Rice Bowl
 Chicken Tenders & Wedges
 Chicken Caesar Wrap
 Chicken Caesar Salad

Turkey Gravy with **5**
 Mashed Potatoes
 Pasta with Meat Sauce
 Mini Calzones with Marinara Sauce
 Chicken Caesar Wrap
 Chicken Caesar Salad

Cheesy Bread Rippers **6**
 w/ Tomato Soup
 Chicken Enchiladas
 Chicken Tenders & Wedges
 Chicken Caesar Wrap
 Chicken Caesar Salad

Beef/Chicken Nachos **7**
 Beef/Chicken Taco Salad
 Beef/Chicken Burrito
 Wild Alaska Fish Burger
 Mini Corn Dogs*
 Chicken Caesar Wrap
 Chicken Caesar Salad

Beef/Chicken Nachos **10**
 Beef/Chicken Taco Salad
 Beef/Chicken Burrito
 Mini Corn Dogs*
 Chicken Caesar Wrap
 Chicken Caesar Salad

Chicken Curry **11**
 over Rice
 Chili and Cornbread
 Chicken Tenders & Wedges
 Chicken Caesar Wrap
 Chicken Caesar Salad

Chicken Tender **12**
 Potato Bowl
 Macaroni & Cheese
 Mini Calzones with Marinara Sauce
 Chicken Caesar Wrap
 Chicken Caesar Salad

Cheesy Bread Rippers **13**
 w/Homemade Potato Soup
 Chicken & Waffles
 Chicken Tenders & Wedges
 Chicken Caesar Wrap
 Chicken Caesar Salad

Beef/Chicken Nachos **14**
 Beef/Chicken Taco Salad
 Beef/Chicken Burrito
 Wild Alaska Fish Burger
 Mini Corn Dogs*
 Chicken Caesar Wrap
 Chicken Caesar Salad

17
Presidents' Day
No School

18
Mid Winter Break

19
Mid Winter Break

20
Mid Winter Break

21
Mid Winter Break

Beef/Chicken Nachos **24**
 Beef/Chicken Taco Salad
 Beef/Chicken Burrito
 Mini Corn Dogs*
 Chicken Caesar Wrap
 Chicken Caesar Salad

Chicken Teriyaki **25**
 with Rice or Noodles
 Vegan Chana Masala
 Chicken Tenders & Wedges
 Chicken Caesar Wrap
 Chicken Caesar Salad

Turkey Gravy with **26**
 Mashed Potatoes
 Pasta with Meat Sauce
 Mini Calzones with Marinara Sauce
 Chicken Caesar Wrap
 Chicken Caesar Salad

Cheesy Bread Rippers **27**
 w/ Tomato Soup
 Chicken Enchiladas
 Chicken Tenders & Wedges
 Chicken Caesar Wrap
 Chicken Caesar Salad

Beef/Chicken Nachos **28**
 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.

Meal Prices

<i>Breakfast</i>	
Elementary	\$2.05
Secondary	\$2.30
Reduced K-12	Free
Adult	\$2.70
<i>Lunch</i>	
Elementary	\$3.30
Secondary	\$3.55
Reduced K-3	Free
Reduced PK, 4-12	\$0.40
Adult	\$4.30
Milk Only	\$0.50