



Northshore School District SAS

# 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

### Tuesday

### Wednesday

### Thursday

### Friday

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

Beef or Cheese Nachos **3**  
 Pepperoni Pizza   
 Spicy Chicken Burger  
**GRAB & GO:** Chicken Caesar Salad

Sweet & Sour Chicken **4**  
 With Rice  
 Cheese Quesadilla  
 Cheese Pizza  
 Spicy Chicken Burger

Korean BBQ Pork **5**  
 Rice Bowl  
 Pepperoni Pizza   
 Spicy Chicken Burger  
**GRAB & GO:** Hummus Plate

Chicken Enchilada **6**  
 With Refried Beans  
 Cheese Pizza  
 Spicy Chicken Burger  
**GRAB & GO:** Chicken Caesar Wrap

100% Beef **7**  
 Cheeseburger w/Wedges  
 Vegetarian Burger w/Wedges  
 Homestyle or Spicy Chicken Burger w/Wedges

Beef or Cheese Nachos **10**  
 Pepperoni Pizza   
 Spicy Chicken Burger  
**GRAB & GO:** Chicken Caesar Salad

Turkey Gravy **11**  
 with Mashed Potatoes  
 Cheese Quesadilla  
 Cheese Pizza  
 Spicy Chicken Burger

Chicken Curry **12**  
 over Rice  
 Pepperoni Pizza   
 Spicy Chicken Burger  
**GRAB & GO:** Hummus Plate

Macaroni & Cheese **13**  
 With Garlic Breadstick  
 Cheese Pizza  
 Spicy Chicken Burger  
**GRAB & GO:** Chicken Caesar Wrap

100% Beef **14**  
 Cheeseburger w/Wedges  
 Vegetarian Burger w/Wedges  
 Homestyle or Spicy Chicken Burger w/Wedges

**17**  
**Presidents' Day**  
**No School**

**18**  
**Mid Winter Break**

**19**  
**Mid Winter Break**

**20**  
**Mid Winter Break**

**21**  
**Mid Winter Break**

Beef or Cheese Nachos **24**  
 Pepperoni Pizza   
 Spicy Chicken Burger  
**GRAB & GO:** Chicken Caesar Salad

Chicken Tender **25**  
 Potato Bowl  
 Cheese Quesadilla  
 Cheese Pizza  
 Spicy Chicken Burger

Vegan Chana Masala **26**  
 Pepperoni Pizza   
 Spicy Chicken Burger  
**GRAB & GO:** Chicken Caesar Salad

Pasta with Meatsauce **27**  
 Cheese Pizza  
 Spicy Chicken Burger  
**GRAB & GO:** Chicken Caesar Wrap

100% Beef **28**  
 Cheeseburger w/Wedges  
 Vegetarian Burger w/Wedges  
 Homestyle or Spicy Chicken Burger w/Wedges

## Announcements

**Included with All Lunches**  
 Fruit & Vegetable Garden Bar  
 1% White or NF Chocolate Milk

*Menu selections may change based on product availability.*

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## 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	