

# SEPTEMBER | 2022



## Jr Sr High Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>29</b>  	<b>30</b>  	<b>31</b>  	<b>1</b> 2 Soft Tacos w/ Taco Beef or Fajita Chicken Cheese, Lettuce, Onions, Salsa, <b>Sour Cream</b> Fiesta Taco Beans Assorted Fruit <b>(2)</b> Ice Cold Milk	<b>2</b> Oriental Chicken on Rice Far East Vegetables String Green Beans Assorted Fruit <b>(2)</b> Fortune Cookie Ice Cold Milk
<b>5</b>  No School Labor Day	<b>6</b> Smothered Burrito Refried Beans Corn Assorted Fruit <b>(2)</b> Ice Cold Milk	<b>7</b> Bosco Cheese Breadsticks w/ Marinara Sauce Steamed Cauliflower Spinach Romain Salad w/ Dressing Assorted Fruit <b>(2)</b> Ice Cold Milk	<b>8</b> Fettuccine Alfredo Garlic Toast Steamed Broccoli Baby Carrots w/Dip Assorted Fruit <b>(2)</b> Ice Cold Milk	<b>9</b>  No School - Staff Professional Development Day
<b>12</b> BBQ Pulled Pork Sandwich Sweet Potato Wedges Roasted Brussel Sprouts Assorted Fruit <b>(2)</b> Ice Cold Milk	<b>13</b> Baked Italian Penne <b>Breadstick (1)</b> <b>Breadsticks (2)</b> Kyoto Vegetable Blend Green Beans Assorted Fruit <b>(2)</b> Ice Cold Milk	<b>14</b> Pancakes (2) w/ Syrup Sausage Patties (2) Hash Brown Rounds (2) Vegetable Juice Assorted Fruit <b>(2)</b> Ice Cold Milk	<b>15</b> Chili Cheese Hot Dog w/Onion <b>Doritos</b> Sugar Snap Peas Baked Beans Assorted Fruit <b>(2)</b> Ice Cold Milk	<b>16</b> Cheese Pizza Corn Steamed Broccoli Assorted Fruit <b>(2)</b> Fruit Roll Up Ice Cold Milk
<b>19</b> Cheeseburger w/ Pickles Waffle Fries Cooked Carrots Assorted Fruit <b>(2)</b> Ice Cold Milk	<b>20</b> Chicken Tender Wrap w/ Lettuce, Shredded Cheddar, Sauce Nantucket Vegetables Peas Assorted Fruit <b>(2)</b> Ice Cold Milk	<b>21</b> Philly Steak Cheese on Sub Bun Steamed Broccoli Baby Potatoes Assorted Fruit <b>(2)</b> Ice Cold Milk	<b>22</b> Arroz Con Pollo (Fajita Meat, Queso Blanco Cheese Sauce, Mexican Rice) <b>Tortilla Chips</b> & Salsa Fiesta Black Beans Assorted Fruit <b>(2)</b> Ice Cold Milk	<b>23</b> Popcorn Chicken Bowl w/ Mashed Potatoes & Gravy Corn Dinner Roll & Marg Assorted Fruit <b>(2)</b> Ice Cold Milk
<b>26</b> Nachos w/ Taco Meat & Cheese Salsa Ranchero Beans Assorted Fruit <b>(2)</b> Ice Cold Milk	<b>27</b> Sausage Pizza Venetian Vegetables Corn Assorted Fruit <b>(2)</b> <b>Cookie</b> Ice Cold Milk	<b>28</b> Corn Dog Roasted Sweet Potatoes Green Beans Assorted Fruit <b>(2)</b> Mini Ice Cream Sandwich Ice Cold Milk	<b>29</b> Italian Beef Calzone Parisian Carrots Spinach Romaine Salad w/ Dressing Assorted Fruit <b>(2)</b> Ice Cold Milk	<b>30</b> Breaded Chicken Patty on Bun Potato Casserole Capri Vegetable Blend Assorted Fruit <b>(2)</b> Ice Cold Milk

### News

There are 3 ways to make complete reimbursable meal for all students.  
 Main Tray Line  
 Salad Bar  
 Ala Carte

Students may substitute the main entrée for a PB & Jelly Sandwich Kit.  
 Just ask cashier if you have any questions.

Due to Delays, Cancellations and Delivery Issues the menu is subject to change. Sorry for any inconvenience this may cause. Thank You

**Lunch Served**  
 Northfield High 11:15 am - 12:35 pm  
 Southwood High 11:15 am - 12:35 pm

**Lunch Prices**  
 Reduced \$.40 Paid \$2.60  
 2nd Lunch Tray \$2.85

If you receive a free or reduced lunch. You can also receive a free or reduced breakfast. Just contact your school office or school food service department if you have any questions.

Visit Our New Facebook Site:  
[MSDFoodService](#)

**Grades 7-8 only due to Calories or Sodium Levels**

**Grades 9-12 only due to Calories or Sodium Levels**