

OCTOBER | 2022

Jr Sr High Lunch



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

| | | | | |
|--|---|--|---|--|
| <p>3</p> <p>Chicken Quesadilla Salsa, Sour Cream Cooked Carrot Spicy Potatoes Assorted Fruit (2) Nutty Bar Ice Cold Milk</p> | <p>4</p> <p>Turkey Manhattan Mashed Potatoes w/ Gravy Peas Assorted Fruit (2) Jello Cup Ice Cold Milk</p> | <p>5</p> <p>BBQ Pulled Pork Potato Bowl Topped with Cheese, Tomato, Jalapenos Breadstick (1) Breadsticks (2) Key West Vegetables Assorted Fruit (2) Ice Cold Milk</p> | <p>6</p> <p>2 Soft Tacos w/ Beef or Chicken Cheese, Lettuce, Onions, Salsa, Sour Cream Fiesta Taco Beans Assorted Fruit (2) Ice Cold Milk</p> | <p>7</p> <p>Oriental Chicken on Rice Far East Vegetables String Green Beans Assorted Fruit (2) Fortune Cookie Ice Cold Milk</p> |
| <p>10</p> <p>Bosco Cheese Breadsticks w/ Marinara Sauce Cooked Carrots Spinach Romaine Salad w/ Dressing Assorted Fruit (2) Ice Cold Milk</p> | <p>11</p> <p>Staff Professional Development Day No School</p> | <p>12</p> <p>Smothered Burrito Refried Beans Corn Assorted Fruit (2) Ice Cold Milk</p> | <p>13</p> <p>Chicken Nuggets Hash Brown Patty (2) Scandinavian Vegetables Muffin Assorted Fruit (2) Ice Cold Milk</p> | <p>14</p> <p>Pepperoni Pizza Green Beans Sicilian Vegetables Assorted Fruit (2) Pudding Cup Ice Cold Milk</p> |
| <p>17</p> <p>Fall Break No School</p> | <p>18</p> <p>Fall Break No School</p> | <p>19</p> <p>Fall Break No School</p> | <p>20</p> <p>Fall Break No School</p> | <p>21</p> <p>Fall Break No School</p> |
| <p>24</p> <p>Pancakes (2) w/ Syrup Sausage Patties (2) Hash Brown Rounds (2) Vegetable Juice Assorted Fruit (2) Ice Cold Milk</p> | <p>25</p> <p>BBQ Pulled Pork Sandwich Sweet Potato Wedges Roasted Brussel Sprouts Assorted Fruit (2) Ice Cold Milk</p> | <p>26</p> <p>Baked Italian Penne Breadstick (1) Breadsticks (2) Kyoto Vegetable Blend Green Beans Assorted Fruit (2) Ice Cold Milk</p> | <p>27</p> <p>Chili Cheese Hot Dog w/Onion Doritos Sugar Snap Peas Baked Beans Assorted Fruit (2) Ice Cold Milk</p> | <p>28</p> <p>Cheese Pizza Corn Steamed Broccoli Assorted Fruit (2) Fruit Roll Up Ice Cold Milk</p> |
| <p>31</p> <p>Cheeseburger w/ Pickles Waffle Fries Cooked Carrots Assorted Fruit (2) Ice Cold Milk</p> | <p>1</p> | <p>2</p> | <p>3</p> | <p>4</p> |

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 \$3.40 Paid \$2.60
2nd Lunch Tray \$2.95

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