

NORTHRIDGE MIDDLE/HIGH SCHOOL 2022-23 Lunch Menu

MENU #1 **MONDAY**

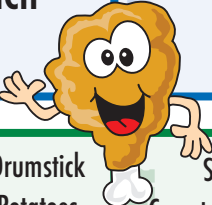

BRUNCH For LUNCH

Quesadilla & Salsa
Carrots & Ranch Dip
Fresh or Canned Fruit
Baked Scoops - HS

Chicken Nuggets
Broccoli
Fresh or Canned Fruit
WG Rice Krispie - HS

Dominos Smart Slice
Green Beans
Fresh or Canned Fruit
Fruit Snacks - HS

Hamburger WG Bun
Baked Beans
Fresh or Canned Fruit
Fruit Punch - HS

MENU #2 **TUESDAY**

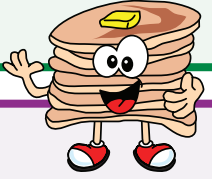

Chicken Drumstick
Mashed Potatoes
Fresh or Canned Fruit
Fruit Snacks - HS

Soft Taco
Carrots & Ranch Dip
Fresh or Canned Fruit
Baked Scoops - HS

Chicken Strips
Broccoli
Fresh or Canned Fruit
WG Rice Krispie - HS

Calzone
Green Beans
Fresh or Canned Fruit
Fruit Snacks - HS

Chili Dog WG Bun
Baked Beans
Fresh or Canned Fruit
Fruit Punch - HS

MENU #3 **WEDNESDAY**




BRUNCH For LUNCH

Mexican Pizza
Carrots & Ranch Dip
Fresh or Canned Fruit
Baked Scoops - HS

General Tso's & Rice
Broccoli
Fresh or Canned Fruit
Egg Roll - HS

Dominos Smart Slice
Green Beans
Fresh or Canned Fruit
Fruit Snacks - HS

Hamburger WG Bun
Baked Beans
Fresh or Canned Fruit
Fruit Punch - HS

MENU #4 **THURSDAY**

COOK'S CHOICE

Walking Taco
Carrots & Ranch Dip
Fresh or Canned Fruit
Cinnamon Goldfish - HS

Chicken Patty WG Bun
Broccoli
Fresh or Canned Fruit
WG Rice Krispie - HS

Calzone
Green Beans
Fresh or Canned Fruit
Fruit Snacks - HS

WG Chicken Corn Dog
Baked Beans
Fresh or Canned Fruit
Fruit Punch - HS





Lunch Price
Grades HS \$3.25
Grades MS 3.00
Adult \$4.00
Reduced \$.40
Extra Milk \$.50
 Milk Choices: White or Chocolate

BREAKFAST MENU

MON	Assorted Cereal Poptarts
TUES	Assorted Cereal Poptarts
WED	Assorted Cereal Poptarts
THURS	Assorted Cereal Poptarts
FRI	Assorted Cereal Poptarts

- Carrots, Apples and Water, Milk offered daily.
- Salads, Wraps, Grab n Gos and Burgers will be available daily for High School.
- Salads and Grab n Gos will be available for Middle School.
- A variety of breakfast items are offered daily. A complete breakfast includes an entrée, juice, fruit, and milk. A student is required to take 1/2 cup of fruit or juice for a complete breakfast.
- Menus are subject to change due to availability, change in schedule or inclement weather. We will do our best to communicate menu changes.

- We cannot guarantee trace values of allergens due to manufacture production, alterations, substitutions, or recipe changes.
- Northridge Local School participates in the NSLP. A meal consists of 5 components: an entrée, which is 2 components (a protein and a whole grain) , a fruit, a vegetable, and a milk. Students must select at least 3 of the 5 components one of which must be either a fruit or vegetable. All students are required to purchase a full reimbursable meal but are allowed to substitute the carrots or apple for the vegetable or fruit being served that day.
- Free and Reduced lunch applications are accepted all year and can be obtained online at the payschoolscentral.com or Northridge website or a paper application can be picked up at any school office.
- **Two Ways to Prepay For Lunches!!!**
 1. Please make all checks payable to **Northridge Local Schools** and include the students name and PIN number on the check. **No Cash Accepted.**
 2. You may make online meal payments at payschoolscentral.com Please check our website and follow the link. This online system allows you to set up an account to view transactions, account balances, and allows you to set up automatic reload and email reminders for low balances.
- For additional information please contact Carley Lewis at clewis1@laca.org or 740-966-3275.

Follow the menu with its calendar day. Each week is represented by a color and represents a 4 - week cycle menu.

Please check the website at: www.northridge.k12.oh.us

AUGUST 2022	SEPTEMBER 2022	OCTOBER 2022	NOVEMBER 2022	DECEMBER 2022	JANUARY 2023	FEBRUARY 2023	MARCH 2023	APRIL 2023	MAY 2023	JUNE 2023
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7 8 9 10 11 12 13	4 5 6 7 8 9 10	9 10 11 12 13 14 15	6 7 8 9 10 11 12	4 5 6 7 8 9 10	8 9 10 11 12 13 14	5 6 7 8 9 10 11	5 6 7 8 9 10 11	2 3 4 5 6 7 8	7 8 9 10 11 12 13	4 5 6 7 8 9 10
14 15 16 17 18 19 20	11 12 13 14 15 16 17	16 17 18 19 20 21 22	13 14 15 16 17 18 19	11 12 13 14 15 16 17	15 16 17 18 19 20 21	12 13 14 15 16 17 18	12 13 14 15 16 17 18	9 10 11 12 13 14 15	14 15 16 17 18 19 20	11 12 13 14 15 16 17
21 22 23 24 25 26 27	18 19 20 21 22 23 24	23 24 25 26 27 28 29	20 21 22 23 24 25 26	18 19 20 21 22 23 24	22 23 24 25 26 27 28	19 20 21 22 23 24 25	19 20 21 22 23 24 25	16 17 18 19 20 21 22	21 22 23 24 25 26 27	18 19 20 21 22 23 24
28 29 30 31	25 26 27 28 29 30	30 31	27 28 29 30	25 26 27 28 29 30 31	29 30 31	26 27 28	26 27 28 29 30 31	30 31 24 25 26 27 28 29	28 29 30 31	25 26 27 28 29 30