

Jr Sr High Lunch

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

Bosco Cheese Breadsticks w/ Marinara Sauce Steamed Cauliflower Romaine Salad w/ Dressing Assorted Fruit (2) Ice Cold Milk

Chicken Nuggets Baked Beans Glazed Carrots Muffin

Assorted Fruit (2) Ice Cold Milk

Taco Salad (Walking Doritos or Corn Chips, Taco Meat, Shredded Cheddar, Lettuce, Onions, Salsa) **Refried Beans** Assorted Fruit (2)

Chicken & Noodles **Mashed Potatoes** Corn

Dinner Roll (1) & Marg (1) Dinner Roll (2) & Marg (2)

Assorted Fruit (2) Ice Cold Milk

Pepperoni Pizza **Green Beans** Sicilian Vegetables Assorted Fruit (2) **Pudding Cup**

Ice Cold Mik

FRIDAY

Chicken Patty on Bun **Baked Beans** Steamed Broccoli Assorted Fruit (2) Ice Cold Milk

Biscuit & Gravy

Cheese Omelet Hash Brown Rounds Vegetable Juice Assorted Fruit (2) Ice Cold Milk

Cheesy Chicken Enchilada Soup Tortilla Chips, Salsa, Guacamole Mexican Sweet Corn Assorted Fruit (2) Ice Cold Milk

Ice Cold Milk

eneral Tso Chicken on Asian Rice Pork Egg Roll Oriental Green Beans Oriental Vegetable Blend Assorted Fruit (2)

Ice Cold Milk

Cheese Pizza Peas Veggie Cup w/ Dip Assorted Fruit (2)

Cookie Ice Cold Milk

No School

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Cheeseburger on Bun w/ Pickles Sidewinders Scandinavian Vegetables Assorted Fruit (2) Ice Cold Milk

Arroz Con Pollo (Mexican Rice, Fajita Meat, Queso Blanco Cheese Sauce) **Tortilla Chips** & Salsa

> Refried Beans Assorted Fruit (2) Ice Cold Milk

Pepperoni & Cheese Calzone w/ Marinara Sauce Steamed Cauliflower Romaine Salad w/ Dressing Assorted Fruit (2) Ice Cold Milk

21 Popcorn Chicken Bowl Mashed Potatoes & Gravy Corn Dinner Roll & Marg

Assorted Fruit (2) Ice Cold Milk

Chicken Alfredo Twisted Breadstick Steamed Broccoli Capri Vegetable Blend Assorted Fruit (2) Ice Cold Milk

Nachos w/ Beef or Chicken Cheese & Salsa Ranchero Beans Assorted Fruit (2) Ice Cold Milk

Beef Gyro on Flatbread w/ Sliced Tomatoes, Sliced Onions, Sliced Cucumbers, Tzatziki Sauce Corn

> Assorted Fruit (2) Ice Cold Milk

Country Fried Steak

Mashed Potatoes & Gravy Peas Dinner Roll & Marg Assorted Fruit (2)

Ice Cold Milk

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Tenderloin on Bun Potato Casserole **Green Beans** Assorted Fruit (2) Ice Cold Milk

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 \$2.95

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

Grades 6-8 due to Calories or Sodium level

Grades 9-12 due to Calories or Sodium levels

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