NRWHS

DECEMBER
BREAKFAST & LUNCH

	NOV 30-DEC 4	DEC 7-11	DEC 14-18	DEC 21-25
MONDAY	B: ASSORTED FRUIT BREAD L: CHICKEN TENDER PARMESAN HOAGIE STEAMED BROCCOLI	B: ASSORTED JUMBO MUFFINS L: CHINESE CHICKEN WITH WG VEGETABLE FRIED RICE OR BROWN RICE STEAMED BROCCOLI	B: ASSORTED FRUIT BREAD L: BRUNCH FOR LUNCH FRENCH TOAST STICKS WITH SAUSAGE SEASONED ROASTED REDSKIN POTATOES	B:ASSORTED JUMBO MUFFINS L: GRILLED CHEESE WITH TOMATO SOUP TATER TOTS
TUESDAY	B: BACON SCRAMBLE PIZZA OR MINI DONUTS L: TONY'S FIESTADA STEAMED CORN CAHOON FARMS JUICE CUPS	B: FRESH BAKED CINNAMON ROLLS L: NYS BEEF TACO IN A BAG PINTO BEANS CAHOON FARMS JUICE CUPS	B: MAPLE TURKEY SAUSAGE PANCAKE WRAP L: BUFFALO CHICKEN WING DIP WITH TOSTITOS CARROT & CELERY STICKS CAHOON FARMS JUICE CUPS	B:FRESH BAKED CINNAMON ROLLS L: NYS BEEF SOFT TACOS PINTO BEANS CAHOON FARMS JUICE CUPS
WEDNESDAY	B: NATURE VALLEY SOFT OATMEAL ROUNDS L: HAMBURGER OR CHEESEBURGER WAFFLE FRIES	B: DEWAFFELBAKKER MINI PANCAKES L: BOSCO CHEESE FILLED BREADSTICKS WITH MARINARA SAUCE STEAMED GREEN BEANS	B: ASSORTED SNACK'N WAFFLES L: BAKED ZITI WITH A NYS MEAT SAUCE & MOZZARELLA SAUCE STEAMED BROCCOLI	B: DEWAFFELBAKKER MINI PANCAKES L: CHEESE OR PEPPERONI PIZZA STEAMED GREEN BEANS
THURSDAY	B: ASSORTED SNACK'N WAFFLES L: CHICKEN & WAFFLES BAKED BEANS COLE SLAW CAHOON FARMS APPLESAUCE CUPS	B: BACON SCRAMBLE BREAKFAST PIZZA L: CRISPY POPCORN CHICKEN BOWL STEAMED CORN MASHED POTATOES & GRAVY CAHOON FARMS APPLESAUCE CUPS	B: FRUIT FILLED FRUDELS L: ORIGINAL OR SPICY CHICKEN PATTY ON A WG BUN WAFFLE FRIES BAKED BEANS CAHOON FARMS APPLESAUCE CUPS	WINTER HOLIDAY RECESS NO SCHOOL
FRIDAY	B: PEACHES & CREAM SMOOTHIE OR PANCAKES WITH SYRUP L: CHEESE PIZZA OR BUFFALO CHICKEN PIZZA CARROT & CELERY STICKS WITH NYS RANCH	B: CHOCOLATE BANANA SMOOTHIES L: CHEESE OR PEPPERONI PIZZA STEAMED CARROTS ASSORTED FRESH VEGETABLES WITH NYS RANCH	B: BREAKFAST YOGURT BAR L: CHEESE PIZZA OR BUFFALO CHICKEN PIZZA STEAMED CARROTS	WINTER HOLIDAY RECESS NO SCHOOL

DAILY LUNCH ENTREE OPTIONS

Peanut Butter & Jelly Pack
Fruit & Yogurt Parfaits
Assorted Deli Wraps & Salads
** each of these are served with assorted fresh fruits and vegetables as well as the main hot daily special

BREAKFAST OPTIONS

A variety of 2 oz. whole grain cereal cups, WG PopTarts are available daily in addition to our featured breakfast of the day listed on the menu.

MILK OPTIONS

We offer both low fat milk & low fat chocolate milk during breakfast and lunch service

PAYMENT METHODS

There are three ways to pay for cafeteria purchases:

- Send in a check (preferred) or cash with your child to pay in advance. Please label all envelopes, and if paying by check, make checks payable to NRW Food Service Dept. Please put your child's name on the check.
- Cash is always accepted daily at the register.
- Pay online at MySchoolBucks.com. (MySchoolBucks charges a 4% fee per deposit transaction.



CAFETERIA FUN FACTS

It is no secret that vegetables and fruits are important components of a healthy diet. Vegetables and fruits are found in a variety of colors, each of which provides different nutrients. To help students gain all of the nutritional benefits of vegetables and fruits, school lunches are required to provide a specific variety of produce each week. We offer up to 5 options for fruits and vegetables daily.

We wish you a Happy Holiday and a Wonderful New Year!

From the Desk of:
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