



Don't Forget
your Fruit or
Vegetable

Northwest Elementary

Fresh Selection of Fruit and Vegetables Served Daily

January
2019

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

National Soup Month 1

HOM: Grapefruit 3

4
Pizza Jammers
Honey Mustard Ham Wrap

Corn
Red Peppers
Celery Sticks
Fresh Fruit

7
Pancakes
Strawberry Topping

Biscuits & Gravy

8
Roast Pork & Gravy
Crispy Chicken Tenders

9
BBQ Chicken Sandwich
Tomato Soup

Chef Salad

10
French Bread Pizza

Tuna Panini

Roasted Cauliflower
Tomato Slices
Baby Spinach
Fresh Fruit

11
National Milk Day
Build Your Own Cereal Bowl
Cheese Stick
Cinnamon Roll

Cheeseburger on Bun

Green Beans
Black Beans
Baby Cabbage

14
HOM: Basil and Onion
Cheesy Italian Flatbread
Grilled Cheese Sandwich

Mediterranean Soup
Side Salad
Cauliflower Floret
Fresh Fruit

15
Crispy Chicken Sandwich
Basket
All American Burger Basket

Kettle Potato Chips
Pickle Slice
Cherry Tomato
Green Beans

16
Italian Stromboli
Pretzel Bites w/Cheese Cubes

Garden Salad
Pinto Beans
Broccoli Florets
Fresh Fruit

17
Beefy Nachos with Cheese
Turkey Deli Sandwich

Refried Beans
Cherry Tomato
Pepper Medley
Fresh Fruit

18
Roast Turkey & Gravy
Meatloaf

Mashed Potatoes
Rip Stick Breadstick
Glazed Carrots
Celery Sticks
Chocolate Chip Cookie

21

22
Southern Food Day
Southern Chicken Biscuit
Chicken Pot Pie
Biscuit

Garbanzo Beans
Roasted Zucchini
Garden Salad
Fresh Fruit

23
BBQ Meatball Sub
Whole Grain Dinner Roll

Pizza Munchable

Garlic & Herb Broccoli
Baby Spinach
Cauliflower Floret
Mini Rice Krispie Treat

24
Chicken Nugget Basket
Whole Grain Dinner Roll

Turkey Deli Sub Sandwich

Golden French Fries
Fish Sandwich Basket
Sweet Potato Fries
Green Beans

25
Beef Chili
Or Cornbread

Chili Dog

Seasoned Ranch Wedges
Glazed Carrots
Celery Sticks
Fresh Fruit

28
Cowboy BBQ Burger
WG Chips, Salsa & Cheese
Cubes

Green Peas
Cherry Tomato
Cucumber Slices
Fresh Fruit

29
BBQ Rib Sandwich
Ham Deli Sub Sandwich

Caesar Salad
Broccoli Florets
Pepper Medley
Fresh Fruit

30
Taco In a Bag
Lettuce, Tomato, Cheese

Buffalo Chicken Fajita Wrap

Spicy Pinto Beans
Cherry Tomato
Fresh Fruit

31
Oven Roasted Chicken
Whole Grain Dinner Roll

Roasted Hot Dog on a Bun

Baked Potato Halves
Spicy Pinto Beans
Celery Sticks
Homemade Brownie



Prices

Regular	\$0
Reduced	\$0
Adult	\$3.25
Extra Entree	\$1.50

HARVEST OF THE MONTH



EXTRA INFO

For Questions or Concerns Please call Cory
Freeman @ 740-259-2528 or Email @
cory.freeman@nwmohawks.org

