



Don't forget
your
vegetables!

Northwest High School Vegetable Choices

Fresh Vegetable and Seasonal Fruit Offered Daily.

February
2019

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



29

30

31

1
Broccoli Florets
Baby Carrots
Green Peas
Fresh Fruit

4
Corn
Pinto Beans
Romaine Mix Salad
Fresh Fruit

5
Tator Tots
Cherry Tomato
Cucumber Slices
Fresh Fruit

6
Potato Wedges
Black Beans
Green Beans
Fresh Fruit

7
Black Beans
Pepper Medley
Roasted Broccoli
Fresh Fruit

8
Green Beans
Cherry Tomato
Romaine Mix Salad
Fresh Fruit

11
Tator Tots
Romaine Mix Salad
Pepper Medley
Fresh Fruit

12
Corn
Sweet Potatoes
Cauliflower Floret
Fresh Fruit

13
Scalloped Potatoes
Pinto Beans
Coleslaw
Fresh Fruit

14
Mashed Potatoes
Roasted Broccoli
Glazed Carrots
Canned Fruit Bar

15
Corn
Refried Beans
Romaine Mix Salad
Fresh Fruit

18
Hash Browns
Cherry Tomato
Celery Sticks
Fresh Fruit

19
Mashed Potatoes
Baked Beans
Romaine Mix Salad
Fresh Fruit

20
Roasted Cauliflower
Marinara Sauce
Green Peas
Fresh Fruit

21
Calico Bean Bake
Baby Carrots
Broccoli Florets
Fresh Fruit

22
Green Beans
Spicy Pinto Beans
Romaine Mix Salad
Fresh Fruit

25
Kidney Beans
Red Peppers
Potato Wedges
Fresh Fruit

26
Kettle Potato Chips
Baby Carrots
Broccoli Florets
Fresh Fruit

27
Golden French Fries
Romaine Mix Salad
Celery Sticks
Fresh Fruit

28
Romaine Mix Salad
Refried Beans
Corn
Fresh Fruit



Prices

Regular	\$3.00
Reduced	\$.40
Adult	\$3.25
Extra Entree	\$1.50

HARVEST OF THE MONTH



EXTRA INFO

Choice of White, Chocolate, Strawberry milk offered daily with lunch.
For questions or concerns contact Cory Freeman
@ 740-259-2528 or
cory.freeman@nwmohawks.org

