



Don't Forget
Your Fresh
Fruit Or
Vegetable!

Northwest High School Vegetable Menu

Fresh Fruit and Vegetable Options Served Daily!

January
2019

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



7
Breakfast Potato Casserole
Baby Carrots
Roasted Cauliflower
Fruit

8
Tator Tots
Broccoli Florets
Baked Beans
Macaroni & Cheese
Fruit

9
California Blend Vegetable
Tomato Soup
Calico Bean Bake
Fruit

10
HOM: Grapefruit
Coleslaw
Lettuce Romaine Mix
Glazed Carrots
Fruit

11
Mashed Potatoes
Baked Beans
California Blend Vegetable
Fruit

14
HOM: Basil and Onion
Pinto Beans
Baby Carrots
Potato Wedges
Fruit

15
Kettle Potato Chips
Sweet Potatoes
Broccoli Florets
Fruit

16
Baked Potato Halves
Lettuce Romaine Mix
Baby Carrots
Cucumber Slices
Chocolate Chip Cookie
Fruit

17
Lettuce Romaine Mix
Refried Beans
Potato Wedges
Fruit

18
Mashed Potatoes
Sweet Potatoes
Green Beans
Fruit

21
Broccoli Florets
Celery Sticks
Mashed Potatoes
Fruit

22
Corn
Lettuce Romaine Mix
Black Beans
Homemade Rice Krispy
Treats
Fruit

23
Green Beans
Green Peas
Sweet Potato tator tots
Fruit

24
Garlic Parmesan Roasted
Potatoes
Glazed Carrots
Cauliflower Floret
Fruit

25
Black Beans
Broccoli Florets
Corn
Fruit

28
Lettuce Romaine Mix
Cherry Tomato
Baby Carrots
California Blend Vegetable
Fruit

29
Spicy Pinto Beans
Broccoli Florets
Roasted Sweet Potatoes
Fruit

30
Green Beans
Baked Potato Halves
Corn
Fruit

31
FOOD
4
Thought



Prices	
Regular	\$3.00
Reduced	\$.40
Adult	\$3.25
Extra Entrée	\$1.50



EXTRA INFO
For Questions or Concerns Please Contact Cory
Freeman at 740-259-2528 or at
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