



Don't Forget
To Eat your
Fruit or
Vegetable!

Northwest Middle School Lunch

Fresh Fruit & Vegetable Choices Served Daily

January
2019

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



7
Biscuits & Gravy
Scrambled Egg

Bosco Sticks

Breakfast Potato Casserole
Baby Carrots
Cauliflower Floret
Fresh Fruit

8
Sloppy Joe on a Bun

Ham Deli Sub Sandwich
Macaroni & Cheese
Golden French Fries
Side Salad
Pinto Beans
Fresh Fruit

9
Philly Flatbread

Chef Salad
Tomato Soup
Calico Bean Bake
Cucumber Ranch Salad
Fresh Fruit

10
French Bread Pizza

Beef Taco Salad

Roasted Cauliflower
Potato Wedges
Black Beans

11
BBQ Pulled Pork Sandwich
Italian Turkey Panini

Grapefruit Orange Coleslaw
Garden Salad
Red Peppers
Fresh Fruit

14
Beef Chili
Grilled Cheese Sandwich
Or Cornbread
Turkey BLT Wrap

Seasoned Ranch Wedges
Spicy Pinto Beans
Baby Carrots
Fresh Fruit

15
Chicken Philly Sandwich
Buffalo Chicken Salad

Kettle Potato Chips
Red Peppers
Broccoli Florets
Fresh Fruit

16
Italian Stromboli
Pretzel Bites w/Cheese Cubes

Garden Salad
Corn
Cauliflower Floret
Fresh Fruit

17
Beefy Nachos with Cheese
Turkey Deli Sandwich

Refried Beans
Side Salad
Corn
Fresh Fruit

18
Meatloaf
Buffalo Chicken Pizza

Mashed Potatoes
Gravy
Red Peppers
Cucumber Slices
M&M Cookie
Fresh Fruit

21
No School

22
Beef Tips w/ Pasta
Whole Grain Dinner Roll

Crispy Chicken Ranch wrap

Garlic & Herb Broccoli
Pinto Beans
Corn
Fresh Fruit

23
Chicken Fajitas
Pepperoni Pizza

Black Beans
Side Salad
Roasted Cauliflower
Mini Rice Krispie Treat
Fresh Fruit

24
Pasta with Meat Sauce
French Bread

Turkey Deli Sub Sandwich

Green Beans
Green Peas
Glazed Carrots
Fresh Fruit

25
Cheesy Italian Flatbread
Crispy Chicken Salad

Cherry Tomato
Tomato Soup
Cucumber Ranch Salad
Fresh Fruit

28
General Tso's Chicken
Brown Rice
Whole Grain Dinner Roll

Chicken Caesar Salad

Green Peas
Roasted Broccoli
Cauliflower Floret

29
Lasagna Rollup with Sauce
Garlic Toast

Turkey BLT Salad
Caesar Salad
Red Peppers
Roasted Cauliflower
Fresh Fruit

30
Tex Mex Bowl
Cheese Bosco Stick

Spicy Pinto Beans
Baby Carrots
Side Salad
Fresh Fruit

31
Oven Roasted Chicken
Whole Grain Dinner Roll

Beef Taco Salad

Baked Potato Halves
Homemade Brownie
Baked Beans
Cucumber Slices
Fresh Fruit



Prices

Regular	\$3.00
Reduced	\$.40
Adult	\$3.25



EXTRA INFO

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

