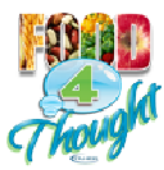


Northwest Middle School Lunch

September
2019

Fresh Vegetables and Fruit Served Daily!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>No School</p>	<p>3</p> <p>Build Your Own Hot Dog</p> <p>BBQ Pulled Pork Sandwich</p> <p>Sweet Potato Fries</p> <p>Coleslaw</p> <p>Fresh Fruit</p>	<p>4</p> <p>Soft Beef Tacos</p> <p>Grilled Chicken Salad</p> <p>Black Beans</p> <p>Romaine Lettuce</p> <p>Fresh Fruit</p> <p>Chocolate Chip Cookie</p>	<p>5</p> <p>Popcorn Chicken</p> <p>Salisbury Steak</p> <p>Mashed Potatoes</p> <p>Gravy</p> <p>Corn</p> <p>Fresh Fruit</p>	<p>6</p> <p>Cheese Pizza</p> <p>Yogurt Pak with Pretzel Bites</p> <p>Romaine Mix Salad</p> <p>Cucumber Slices</p> <p>Fresh Fruit</p>
<p>9</p> <p>Italian Meatball Sub</p> <p>Hamburger on a Bun</p> <p>Golden French Fries</p> <p>Tomato Slices</p> <p>Romaine Mix Salad</p> <p>Fresh Fruit</p>	<p>10</p> <p>Chicken Salad w/ Crackers</p> <p>Turkey BLT Flatbread</p> <p>Mexican Corn</p> <p>Broccoli Florets</p> <p>Nectarine</p>	<p>11</p> <p>Quesadilla</p> <p>Sausage Egg & Cheese Biscuit</p> <p>Romaine Mix Salad</p> <p>Baby Carrots</p> <p>Fresh Fruit</p>	<p>12</p> <p>Meatloaf</p> <p>Crispy Chicken Nuggets</p> <p>Mashed Potatoes</p> <p>Green Beans</p> <p>Fresh Fruit</p>	<p>13</p> <p>Cheese Bread</p> <p>Fish Sandwich with Cheese</p> <p>Pinto Beans</p> <p>Red Peppers</p> <p>Fresh Fruit</p>
<p>16</p> <p>Beef Taco Salad</p> <p>Corn dog w/ Nachos</p> <p>Black Bean & Corn Salad</p> <p>Nacho Chips</p> <p>Fresh Fruit</p>	<p>17</p> <p>Chicken Bacon Ranch Melt</p> <p>Pizza Bake</p> <p>Garden Salad</p> <p>Cherry Tomato</p> <p>Fresh Fruit</p>	<p>18</p> <p>Build Your Own Burger</p> <p>Ham Wrap</p> <p>Golden French Fries</p> <p>Romaine Lettuce</p> <p>Tomato Slices</p> <p>Fresh Fruit</p>	<p>19</p> <p>Southern Chicken Biscuit</p> <p>Sausage Patty</p> <p>Gravy</p> <p>Mashed Potatoes</p> <p>Gravy</p> <p>Fried Apples</p>	<p>20</p> <p>Pepperoni Pizza</p> <p>PB&J Sandwich</p> <p>Romaine Lettuce</p> <p>Baby Carrots</p> <p>Fresh Fruit</p> <p>Mini Rice Krispie Treat</p>
<p>23</p> <p>Cheese Pizza</p> <p>Ham Wrap</p> <p>Romaine Lettuce</p> <p>Tomato & Cucumber Salad</p> <p>Fresh Fruit</p>	<p>24</p> <p>Beef Stew w/ Cheese stick</p> <p>Yogurt Pak with Pretzel Bites</p> <p>Green Peas</p> <p>Whole Grain Dinner Roll</p> <p>Fresh Fruit</p>	<p>25</p> <p>Popcorn Chicken</p> <p>Baked Ham</p> <p>Mashed Potatoes</p> <p>Gravy</p> <p>Whole Grain Dinner Roll</p> <p>Fresh Fruit</p>	<p>26</p> <p>Pizza Jammers</p> <p>Chicken Salad</p> <p>Kale Salad</p> <p>Baby Carrots</p> <p>Fresh Fruit</p>	<p>27</p> <p>Hamburger on a Bun</p> <p>Hot Turkey Sandwich</p> <p>Golden French Fries</p> <p>Tomato Slices</p> <p>Fresh Fruit</p> <p>Churro Half</p>
<p>30</p> <p>Mini Pancakes</p> <p>Sausage Patty</p> <p>Crispy Chicken Sandwich</p> <p>Breakfast Potatoes</p> <p>Cherry Tomato</p> <p>Fresh Fruit</p>				 <p>Choose MyPlate.gov</p>

PRICES

Regular	\$3.00
Reduced	\$.40
Extra Entree	\$1.50
Adult Lunch	\$3.65

EXTRA INFO

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

HARVEST OF



THE MONTH

Your Menus plus more
information on our app
TaHer Food4Life®



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