



Don't Forget to Eat your Vegetables!

Northwest Elementary Lunch

Fresh Vegetable Choices and Seasonal Fruit Offered Daily!

September 2019

MONDAY

Labor Day

2

No School

TUESDAY

3

Build Your Own Hot Dog

Ham Deli Sub Sandwich

Tator Tots
Romaine Mix Salad
Fresh Fruit Bar

WEDNESDAY

4

Pulled Pork Sandwich

Crispy Chicken Sandwich

Calico Bean Bake
Broccoli Florets
Fresh Fruit Bar
Chocolate Chip Cookie

THURSDAY

Nat'l Cheese Pizza Day

5

Cheese Pizza

Turkey Cranberry Wrap

Roasted Cauliflower
Cherry Tomato
Fresh Fruit Bar

FRIDAY

HOM: Cilantro

6

Soft Beef Tacos

Yogurt Pak with Pretzel Bites

Firenze Corn Salad
Cucumber Ranch Salad
Fresh Fruit Bar

9

Italian Meatball Sub

Turkey BLT Wrap

Caesar Salad
Cherry Tomato
Fresh Fruit Bar

HOM: Nectarine

10

Crispy Chicken Tenders
Whole Grain Dinner Roll

Corn Dog

Berry Kale Salad
Kettle Potato Chips
Nectarine

11

BBQ Chicken Sandwich

Pretzel Bites w/Cheese Cubes

Calico Bean Bake
Cucumber Slices
Fresh Fruit Bar

12

Ham, Egg & Cheese on Biscuit

Turkey Deli Sandwich

Breakfast Potatoes
Baby Carrots
Fresh Fruit Bar

13

Cheeseburger on Bun

Fish Sandwich with Cheese

Golden French Fries
Tomato Slices
Fresh Fruit Bar

16

Cheesy Italian Flatbread

Grilled Cheese Sandwich

Seasoned Ranch Wedges
Baby Carrots
Fresh Fruit Bar

17

Italian Stromboli

Chicken Bacon Ranch Melt

Garden Salad
Cherry Tomato
Fresh Fruit Bar

Cheeseburger Day

18

All American Cheeseburger
Basket

Pizza Munchable

Kettle Potato Chips
Romaine Mix Salad
Fresh Fruit

HOM Jalapeno Pepper

19

Beefy Nachos & Homemade
Cheese Sauce

Turkey Deli Sub Sandwich

Refried Beans
Romaine Lettuce
Diced Tomatoes
Fresh Fruit

20

Crispy Chicken Sandwich

Crispy Chicken Salad

Green Beans
Cauliflower Floret
Fresh Fruit
Mini Rice Krispie Treat

23

Cheese Bread

WG Chips, Salsa & Cheese
Cubes

Italian Pasta Salad
Broccoli Florets
Fresh Fruit

24

Crispy Chicken Nuggets
Whole Grain Dinner Roll

Ham Deli Sub Sandwich

Baked Beans
Macaroni & Cheese
Fresh Fruit

25

Meatloaf

Chef Salad

Mashed Potatoes
Gravy
Green Beans
Whole Grain Dinner Roll
Fresh Fruit

National Pancake Day

26

Pancakes
Scrambled Egg

Biscuits & Gravy
Scrambled Egg

Breakfast Potatoes
Baby Carrots
Fresh Fruit

27

Walking Taco

Yogurt Pak with Pretzel Bites

Roasted Corn
Romaine Mix Salad
Churro Half

30

Corn Dog

Turkey BLT Wrap

Calico Bean Bake
Ranch Potato Wedges
Fresh Fruit

1

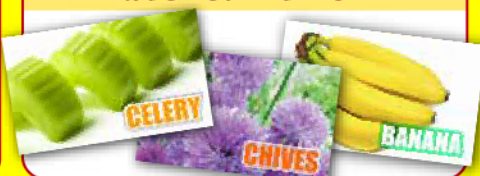


ChooseMyPlate.gov

PRICES

Regular	\$0
Reduced	\$0
Extra Entree	\$1.50
Adult	\$3.65

HARVEST OF THE MONTH



EXTRA INFO

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

