



Don't forget to eat your vegetables

Northwest Elementary Lunch

Fresh Vegetable Choices and Seasonal Fruit are Offered Daily

February 2019

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



29

30

31

National Wear Red Day 1
Cheese Pizza

Yogurt Pak with Pretzel Bites

Roasted Broccoli
Baby Carrots
Cauliflower Floret
Fresh Fruit

4
Ravioli with Meat Sauce
Bread Stick

Turkey BLT Wrap

Kale Salad
Green Beans
Cucumber Slices
Fresh Fruit

5
Ham & Tator Tot Breakfast Bake

Cheese Bosco Stick

Lettuce Romaine Mix
Cherry Tomato
Roasted Cauliflower
Fresh Fruit

6
Chicken Nugget Basket

Pretzel Bites w/Cheese Cubes

Tator Tots
Baby Spinach
Green Pepper Slices
Fresh Fruit

7
Soft Beef Tacos

Arroz con Queso (rice w/cheese)
Tortilla Chips

Corn
Red Peppers
Romaine Mix Salad
Fresh Fruit

8
HOM Papaya
Pasta with Meat Sauce
Rip Stick Breadstick

Yogurt Pak with Bagel

Green Beans
Glazed Carrots
Green Peas
Fresh Fruit

11
Chicken and Cheese Quesadilla

Ham, Egg & Cheese on Bagel

Spicy Pinto Beans
Baby Carrots
Romaine Mix Salad
Fresh Fruit

12
Macaroni & Cheese

Sloppy Joe on a Bun

Roasted Broccoli
Roasted Carrots
Celery Sticks
Canned Fruit

13
Corn Dog

Pulled Pork Sandwich

Coleslaw
Baked Beans
Cucumber Ranch Salad
Fresh Fruit

14
Valentine's Day
Love Me Chicken Tenders
Sweetheart Salisbury Steak

Be Mine Mashed Potato Gravy
Cupid Corn
Whole Grain Dinner Roll
Valentine's Treat
Fresh Fruit

15
HOM Cilantro
Pizza Jammers

Honey Mustard Ham Wrap

Mexican Street Corn
Cauliflower Floret
Tomato Slices
Fresh Fruit

18

19
Crispy Chicken Tenders
Whole Grain Dinner Roll

Ham Deli Sub Sandwich

Mashed Potatoes
Gravy
Broccoli Florets
Cucumber Ranch Salad
Fresh Fruit

20
National Muffin Day
French Bread Pizza

Chef Salad

Roasted Cauliflower
Corn
Red Peppers
Pumpkin Apple Muffin
Fresh Fruit

21
HOM Bell Peppers
BBQ Chicken Sandwich

Philly Flatbread

Calico Bean Bake
Cherry Tomato
Baby Spinach
Fresh Fruit

22
Chicken Alfredo w/Pasta
Garlic Toast

Cheeseburger on Bun

Green Beans
Golden French Fries
Fresh Fruit

25
Chili and Tortilla Day
Beef Chili
Tortilla Chips

WG Chips, Salsa & Cheese Cubes

Seasoned Ranch Wedges
Romaine Mix Salad
Cucumber Ranch Salad
Fresh Fruit

26
Crispy Chicken Sandwich Basket

All American Burger Basket

Kettle Potato Chips
Pickle Slice
Glazed Carrots
Fresh Fruit

27
Chicken Bacon Ranch Melt

Italian Stromboli

Garden Salad
Corn
Green Peas
Fresh Fruit

28
Taco In A Bag

Turkey Cranberry Wrap

Refried Beans
Red Peppers
Romaine Mix Salad
Fresh Fruit



Prices

Regular	\$0.00
Extra Entrée	\$1.50
Adult Entree	\$3.25



EXTRA INFO

Choice of White, Chocolate, Or Strawberry Milk included with lunch daily.
For Questions or Concerns contact Cory Freeman @ 740-259-2528 or cory.freeman@nwmohawks.org

