



Don't forget
your
vegetables.

Northwest Middle School Lunch

Fresh Vegetable Choices and Seasonal Fruit Served Daily

February
2019

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



29

30

31

1

Pepperoni Pizza

Southwest Chicken Salad

Broccoli Florets
Baby Carrots
Green Peas
Canned Fruit Bar

4

Ravioli with Meat Sauce
Garlic Breadstick

Turkey BLT Wrap

Kale Salad
Corn
Pinto Beans
Fresh Fruit Bar

5

Ham & Tator Tot Breakfast
Bake
Cinnamon Roll

Buffalo Chicken Salad

Tator Tots
Cherry Tomato
Cucumber Ranch Salad
Fresh Fruit Bar

6

Baja Fish Tacos

Pretzel Bites w/Cheese Cubes

Potato Wedges
Black Beans
Green Beans
Fresh Fruit Bar

7

Arroz Con Queso

Ham Deli Sandwich

Pepper Medley
Tortilla Chips
Broccoli Florets
Fresh Fruit Bar
Chocolate Chip Cookie

8

Italian Turkey Panini

Cheese Pizza

Green Beans
Tomato Slices
Romaine Mix Salad
Fresh Fruit Bar

11

Ham, Egg & Cheese on Bagel

Cheeseburger on Bun

Tator Tots
Romaine Mix Salad
Red Peppers
Fresh Fruit Bar

12

Sloppy Joe on a Bun

Hot Dog w/ Sauce

Macaroni & Cheese
Baby Carrots
Cauliflower Floret
Fresh Fruit Bar

13

Pulled Pork Sandwich

Cheese Bread

Scalloped Potatoes
Coleslaw
Spicy Pinto Beans
Fresh Fruit Bar

14

Salisbury Steak

Crispy Chicken Nuggets

Be Mine Mashed Potatoes
Gravy
Broccoli Florets
Glazed Carrots
Treat
Fresh Fruit Bar

15

Honey Mustard Ham Wrap

Pizza Jammers

Mexican Street Corn
Baked Beans
Romaine Mix Salad
Fresh Fruit Bar

18

19

Turkey BLT Salad

French Bread Pizza

Mashed Potatoes
Broccoli Florets
Baby Carrots
Warm Cinnamon Apples

20

Roast Pork & Gravy

Turkey Cranberry Wrap

Pumpkin Apple Muffin
Roasted Cauliflower
Green Peas
Red Peppers
Fresh Fruit Bar

21

Philly Flatbread

Beef Taco Salad

Calico Bean Bake
Baby Carrots
Roasted Broccoli
Fresh Fruit Bar

22

Chicken Alfredo w/Pasta
Garlic Toast

Yogurt Pak with Pretzel Bites

Green Beans
Spicy Pinto Beans
Romaine Mix Salad
Fresh Fruit Bar

25

Beef Chili
Grilled Cheese Sandwich

Corn Dog

Seasoned Ranch Wedges
Kidney Beans
Red Peppers
Fresh Fruit Bar

26

Buffalo Chicken Sandwich

Turkey BLT Salad

Kettle Potato Chips
Red Peppers
Roasted Broccoli
Fresh Fruit Bar

27

Italian Stromboli

Pizza Bake

Garden Salad
Golden French Fries
Celery Sticks
Fresh Fruit Bar

28

Beefy Nachos & Homemade
Cheese Sauce

Biscuits & Gravy

Refried Beans
Romaine Mix Salad
Corn
Fresh Fruit Bar



Prices

Regular	\$3.00
Reduced	\$4.40
Adult	\$3.25
Extra Entree	\$1.50



EXTRA INFO

Choice of White, Chocolate, or Strawberry milk served with lunch daily.
For questions or concerns please contact Cory Freeman @ 740-259-2528 or cory.freeman@nwmohawks.org

