



Don't Forget to Eat your Vegetables!

Northwest Elementary

November 2018

Choice of 1% white, Low fat Strawberry, Or Low Fat Chocolate is served with lunch Daily.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



31

HOM Rosemary 1
 Italian Meatball Sub
 Ham Deli Sub Sandwich

 Rosemary Garlic Potatoes
 Cherry Tomato
 Celery Sticks
 Fresh Fruit

National Sandwich Day 2

HOM Sweet Potato 5
 Turkey BLT Flatbread
 WG Chips, Salsa & Cheese Cubes
 Sweet Potato Wedges
 Baby Carrots
 Cucumber Slices
 Fresh Fruit

6
 Macaroni & Cheese
 Ham Deli Sub Sandwich

 Cherry Tomato
 Green Beans
 Pinto Beans
 Fresh Fruit
 Chocolate Chip Cookie

7
 Crispy Chicken Tender Basket
 Chef Salad
 Whole Grain Dinner Roll

 Broccoli Florets
 Green Pepper Slices
 Dill Seasoned Potato Wedges
 Fresh Fruit

8
 Walking Taco
 Beef Taco Salad

 Red Peppers
 Mushrooms
 Corn
 Fresh Fruit

9
 All American Burger
 Yogurt Pak with Bagel

 Broccoli Salad
 Golden French Fries
 Side Salad
 Fresh Fruit

12
 Harvest Chicken Salad
 Turkey BLT Wrap

 California Blend Vegetable
 Baby Spinach
 Baby Carrots
 Fresh Fruit

13
 Beefy Nachos with Cheese
 Corn Dog

 Spicy Pinto Beans
 Sweet Potatoes
 Cauliflower Floret
 Fresh Fruit
 Birthday Cake

National Pickle Day 14
 Pulled Pork Sandwich
 Pretzel Bites w/Cheese Cubes

 Garbanzo Beans
 Green Pepper Slices
 Creamy Potato Salad
 Fresh Fruit

15
 Roast Turkey & Gravy
 Turkey Deli Sandwich

 Cheesy Mashed Potatoes
 Glazed Carrots
 Bread Stuffing
 Fresh Fruit

16
 Homemade Salisbury Steak
 Whole Grain Dinner Roll
 Yogurt Pak with Bagel

 Mashed Potatoes
 Gravy
 Glazed Carrots
 Celery Sticks

19
 Pancakes
 Strawberry Topping
 Biscuits & Gravy
 Scrambled Egg
 Breakfast Potato Casserole
 Tomato Slices
 Green Beans
 Fresh Fruit

HOM Apple 20
 Roast Pork & Gravy
 Crispy Chicken Nuggets

 Maple Roasted Apples & Carrots
 Mashed Potatoes
 Cornbread
 Fresh Fruit

21

Thanksgiving Day 22

23

26
 Beef Chili
 Cornbread
 Roasted Hot Dog on a Bun

 Red Peppers
 Seasoned Ranch Wedges
 Fresh Fruit

27
 Crispy Chicken Tenders
 Whole Grain Dinner Roll
 Ham Deli Sub Sandwich

 Mashed Potatoes
 Green Peas
 Romaine Lettuce
 Fresh Fruit

28
 Salisbury Steak Sandwich
 Italian Stromboli

 Broccoli Florets
 Green Beans
 Italian Tomato Salad
 Sugar Cookie
 Fresh Fruit

29
 Beefy Nachos with Cheese
 Southwestern Burger

 Baby Spinach
 Glazed Carrots
 Refried Beans
 Fresh Fruit

30
 Cheese Bread
 Yogurt Pak with Pretzel Bites

 Garden Salad
 Cherry Tomato
 Cauliflower Floret
 Fresh Fruit

Prices

Regular	\$0
Reduced	\$0
Adult	\$3.25



EXTRA INFO

With questions or concerns please contact Cory Freeman @ 740-259-2528 or @ cory.freeman@nwmohawks.org

