



Don't Forget to Eat your Vegetables!

Northwest High School Vegetable Choices

Fresh Vegetables and Seasonal Fruit Offered daily

November
2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



31

1

2

Baked Beans
Red Peppers
Lettuce Romaine Mix
Fresh Fruit

5

6

7

8

9

Potato Wedges
Baked Beans
Cauliflower Floret
Fresh fruit

Broccoli Florets
Baby Carrots
Kettle Potato Chips
Fresh Fruit

Lettuce Romaine Mix
Garbanzo Beans
Roasted Cauliflower
Fresh fruit

Garlic Parmesan Roasted
Potatoes
Red Peppers
Broccoli Florets
Fresh Fruit

Celery Sticks
Broccoli Salad
Glazed Carrots
Fresh Fruit

12

13

14

15

16

Cucumber Slices
Lettuce Romaine Mix
Baby Carrots
Fresh Fruit

Black Beans
Cherry Tomato
Corn on the Cob
Fresh fruit

Cheesy Mashed Potatoes
Cherry Tomato
Corn
Fresh Fruit

Broccoli Florets
Pinto Beans
Tator Tots
Fresh fruit

Green Beans
Garlic Mashed Potato
Baby Carrots
Fresh Fruit

19

20

21

22

23

Green Beans
Cherry Tomato
Romaine Mix Salad
Fresh fruit

Kettle Potato Chips
Baked Beans
Romaine Mix Salad
Fresh fruit

26

27

28

29

30

Potato Wedges
Baked Beans
Green Beans
Fresh fruit

Cheesy Mashed Potatoes
Cherry Tomato
Romaine Mix Salad
Fresh Fruit

Corn
Broccoli Florets
Celery Sticks
Fresh Fruit

Baby Carrots
Refried Beans
Cherry Tomato
Fresh Fruit

Lettuce Romaine Mix
Cherry Tomato
Corn
Fresh Fruit

Prices

Regular	\$3.00
Reduced	\$.40
Adult	\$3.25

HARVEST OF THE MONTH



EXTRA INFO

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

