



Don't Forget
your Fruit &
Vegetables!

Northwest Middle School

Fresh Vegetables & Seasonal fruit served daily!

November
2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



5
Sloppy Joe on a Bun
Chocolate Chip Cookie

Chicken & Cheese Quesadilla

Sweet Potato Wedges
Black Beans
Cucumber Slices
Fresh fruit

6
Lasagna Rollup with Sauce

Soft Beef Tacos

Side salad
Red Peppers
Celery Sticks
Fresh Fruit

7
Pizza Bake
Garlic Breadstick

Crispy Chicken Sandwich

Side salad
Spicy Pinto Beans
Kettle Potato Chips
Fresh Fruit

8
BBQ Meatball Sub
Assorted Pizzas

Baked Beans
Baby Carrots
Kettle Potato Chips
Fresh Fruit

Chicken Fried Rice
Stir Fry Vegetable
Bread Stick

Hot Ham & Cheese Flatbread

Fried Rice
Baby Carrots
Lettuce Romaine Mix
Fresh Fruit

9
Cheesy Italian Flatbread

Cheeseburger on Bun

Broccoli Salad
Green Beans
Glazed Carrots
Fresh fruit

12
Chicken Parmesan w/Pasta
Garlic Toast

Corn Dog

Golden French Fries
Side salad
Red Peppers
Fresh fruit

13
Chicken Nachos

Cheeseburger on Bun

Green Peas
Sweet Potatoes
Corn on the Cob
Fresh Fruit
Birthday Cake

14
Pulled Pork Sandwich

Cheese Bosco Stick

Tator Tots
Baby Carrots
Pickle Slice
Fresh fruit

15
Ham, Egg & Cheese on English Muffin

Roast Turkey & Gravy

Garlic Parmesan Roasted Potatoes
Green Beans
Glazed Carrots

16
Homemade Salisbury Steak Gravy
Whole Grain Dinner Roll

Chili Dog

Mashed Potatoes
Side salad
Cucumber Slices

19
Waffles
Strawberry Topping
Scrambled Egg

Breakfast Potatoes
Baby Carrots
Celery Sticks
Fresh fruit

20
Crispy Chicken Sandwich

Cheese Pizza

Kettle Potato Chips
Spicy Pinto Beans
Side Salad
Fresh Fruit

21

22

23

26
Taco in a bag

Crispy Chicken Sandwich

Cherry Tomato
Black Beans
Side Salad
Fresh fruit

27
Hamburger Gravy
Whole Grain Dinner Roll

Corn Dog

Mashed Potatoes
Glazed Carrots
Side Salad
Fresh fruit

28
Salisbury Steak Sandwich
Sugar Cookie

Cheeseburger on Bun

Italian Tomato Salad
Baby Spinach
Green Beans
Fresh Fruit

29
Chili

Spicy Chicken Patty on Bun

Seasoned Ranch Wedges
Spicy Pinto Beans
Baby Carrots
Fresh Fruit

30
Southern Chicken Biscuit

Hot Ham & Cheese Flatbread

Side Salad
Glazed Carrots
Golden French Fries
Fresh Fruit

Prices

Regular	\$3.00
Reduced	\$.40
Adult	\$3.25
Extra Entrée	\$1.50



EXTRA INFO
Choice of 1% White milk, Low Fat Strawberry or Low Fat Chocolate served daily with Lunch.
For Questions or Concerns contact Cory Freeman @ 740-259-2528 or cory.freeman@nwmohawks.org

