

NORTHWOOD HIGH SCHOOL
January 2020

Monday January 6	Tuesday January 7	Wednesday January 8	Thursday January 9	Friday January 10
<p><u>Choose 1</u> Teriyaki Chicken w/Rice BBQ Pork Sandwich Grab and Go Salad</p>	<p><u>Choose1</u> Chicken Tenders Tenderloin Sandwich Grab and Go Salad</p>	<p><u>Choose 1</u> Ravioli Grilled Chicken Sandwich Deluxe (lett tom onion pickle) Grab and Go Salad</p>	<p><u>Choose 1</u> Fish Wedge Hamburger Sandwich Grab and Go Salad</p>	<p><u>Choose 1</u> Pepperoni Pizza Cheese Pizza Meatball Sub Sandwich Grab and Go Salad</p>
<p><u>Sides</u> Broccoli Tossed Salad Carrots and Dip Mandarin Oranges Tropical Fruit Fresh Fruit</p>	<p><u>Sides</u> Edamame Tossed Salad Celery Stix w/ Peanut Butter Pears Apricots Fresh Fruit</p>	<p><u>Sides</u> Green Beans Tossed Salad Cucumbers and Dip Pineapple Baked Apples Fresh Fruit</p>	<p><u>Sides</u> Roasted Carrots Tossed Salad Tomatoes w/Basil Coleslaw Orange Wedges Peaches Fresh Fruit</p>	<p><u>Sides</u> Corn Tossed Salad Broccoli and Dip Applesauce Mixed Fruit Fresh Fruit</p>
<p><u>Milk</u> Bread/Butter</p>	<p><u>Milk</u> Bread/Butter</p>	<p><u>Milk</u> Bosco Stix</p>	<p><u>Milk</u> Cornbread/Butter</p>	<p><u>Milk</u></p>
<p><u>Breakfast</u> Pancake Wrap w/syrup</p>	<p><u>Breakfast</u> Mini Donuts</p>	<p><u>Breakfast</u> Pizza</p>	<p><u>Breakfast</u> Pancakes and Syrup</p>	<p><u>Breakfast</u> Omelet w/Toast</p>

“This Institution is an Equal Opportunity Provider” Menu is subject to change without notice!

Breakfast is served from 7:30 am to 8:00 am in the cafeteria serving area

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Monday January 13	Tuesday January 14	Wednesday January 15	Thursday January 16	Friday January 17
<p><u>Choose 1</u> Fish Nuggets BBQ Bacon Chicken Melt Grab and Go Salad</p>	<p><u>Choose 1</u> Spaghetti w/Meatballs Turkey Burger Deluxe (let,tom,onion,pickle) Grab and Go Salad</p>	<p><u>Choose 1</u> Sweet and Sour Chicken w/Rice Ham and Cheese Wrap Grab and Go Salad</p>	<p><u>Choose 1</u> Burrito Bar Uncrustable (PB&J)</p>	<p><u>Choose 1</u> Sausage Pizza Cheese Pizza BBQ Chicken Sandwich Grab and Go Salad</p>
<p><u>Sides</u> Broccoli Tossed Salad Carrots and Dip Cottage Cheese Mandarin Oranges Tropical Fruit Fresh Fruit</p>	<p><u>Sides</u> Green Beans Tossed Salad Celery w/Peanut Butter Pears Blueberry Yogurt Dessert Fresh Fruit</p>	<p><u>Sides</u> Peas Tossed Salad Raw Peppers and Dip Peaches Pineapple Fresh Fruit</p>	<p><u>Sides</u> Black Beans Strawberry Cups Fresh Fruit</p>	<p><u>Sides</u> Sweet Potato Fries Tossed Salad Cucumbers and Dip Pineapple Mixed Fruit Fresh Fruit</p>
<p><u>Milk</u> Bread/Butter</p>	<p>Milk Breadstick</p>	<p>Milk Bread/Butter</p>	<p>Milk</p>	<p>Milk</p>
<p><u>Breakfast</u> Ultimate Breakfast Round</p>	<p><u>Breakfast</u> Mini Donuts</p>	<p><u>Breakfast</u> Pizza</p>	<p><u>Breakfast</u> French Toast</p>	<p><u>Breakfast</u> Sausage Egg Cheese Burrito</p>

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Monday January 20	Tuesday January 21	Wednesday January 22	Thursday January 23	Friday January 24
<p><u>Choose 1</u></p> <p>Martin Luther King Day</p>	<p><u>Choose 1</u></p> <p>Chicken Parmesan w/Pasta Fish Sandwich Grab and Go Salad</p>	<p><u>Choose 1</u></p> <p>Macaroni and Cheese w/smoky Links BBQ Pork Rib Sandwich Grab and Go Salad</p>	<p><u>Choose 1</u></p> <p>Soup and Sandwich Bar Cold Sub Sandwich (let,tom,onion,pickle) Toasted Cheese Sandwich Grab and Go Salad</p>	<p><u>Choose 1</u></p> <p>French Bread Pizza Sub Sandwich Station Grab and Go Salad</p>
<p><u>Sides</u></p>	<p><u>Sides</u></p> <p>Green Beans Tossed Salad Celery w/PB Coleslaw Applesauce Peaches Fresh Fruit</p>	<p><u>Sides</u></p> <p>Roasted Squash Tossed Salad Cucumbers and Dip Pears Baked Apples Fresh Fruit</p>	<p><u>Sides</u></p> <p>Tomato Soup Vegetable Soup Tossed Salad Mixed Fruit Cup Fresh Fruit</p>	<p><u>Sides</u></p> <p>French Fries Tossed Salad Peppers and Dip Pineapple Mixed Fruit Fresh Fruit</p>
Milk	Milk	Milk Bread/Butter	Milk Saltines	Milk
<p><u>Breakfast</u></p> <p>Pancake Wrap w/Syrup</p>	<p><u>Breakfast</u></p> <p>Mini donuts</p>	<p><u>Breakfast</u></p> <p>Pizza</p>	<p><u>Breakfast</u></p> <p>French Toast Stix w/Smoky</p>	<p><u>Breakfast</u></p> <p>Sausage Gravy w/Biscuit</p>

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Monday January 27	Tuesday January 28	Wednesday January 29	Thursday January 30	Friday January 31
<p><u>Choose 1</u> Spicy Chicken Tenders w/Ranch Cup Panther Burger Grab and Go Salad</p>	<p><u>Choose 1</u> Lasagna Chicken Filet Sandwich Deluxe (let tom onion pickle) Grab and Go Salad</p>	<p><u>Choose 1</u> Turkey Gravy w/Biscuit Hot Ham and Cheese Sandwich Grab and Go Salad</p>	<p><u>Choose 1</u> Taco Bar Turkey Bacon Club Sandwich</p>	<p><u>Choose 1</u> Cheesy Bread w/Marinara Sloppy Joe Sandwich Grab and Go Salad</p>
<p><u>Sides</u> Broccoli Spinach Salad Carrots and Dip Mandarin Oranges Tropical Fruit Fresh Fruit</p>	<p><u>Sides</u> Roasted Cauliflower Tossed Salad Tomatoes w/ Basil Blueberry Yogurt Dessert Pineapple Fresh Fruit</p>	<p><u>Sides</u> Corn Tossed Salad Cottage Cheese Celery w/Peanut Butter Peaches Pears Fresh Fruit</p>	<p><u>Sides</u> Bean Dip Peach Cups Fruit Cups Fresh Fruit</p>	<p><u>Sides</u> Sweet Potato Fries Tossed Salad Pasta Salad Peppers and Dip Mixed Fruit Applesauce Fresh Fruit</p>
<p><u>Milk</u> Bread/Butter</p>	<p><u>Milk</u> Garlic Bread</p>	<p><u>Milk</u></p>	<p><u>Milk</u></p>	<p><u>Milk</u></p>
<p><u>Breakfast</u> Scrambled Eggs w/Sausage and Toast</p>	<p><u>Breakfast</u> Mini Donuts</p>	<p><u>Breakfast</u> Pizza</p>	<p><u>Breakfast</u> Baked Oatmeal</p>	<p><u>Breakfast</u> Bacon Egg and Cheese Biscuit Sandwich</p>

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