

NORTHWOOD HIGH SCHOOL

October 2019

Monday October 7	Tuesday October 8	Wednesday October 9	Thursday October 10	Friday October 11
<p><u>Choose 1</u> Teriyaki Chicken w/rice Roast Beef and Cheese 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 Fresh Melon Pears Fresh Fruit</p>	<p><u>Sides</u> Green Beans Tossed Salad Cucumbers w/ Dip Pineapple Apricots Fresh Fruit</p>	<p><u>Sides</u> Roasted Carrots Tossed Salad Tomatoes w/Basil Coleslaw Peaches Grapes 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 October 14	Tuesday October 15	Wednesday October 16	Thursday October 17	Friday October 18
<p><u>Choose 1</u> Fish Nuggets BBQ Bacon Chicken Melt Sandwich 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>Fall Break</u></p>
<p><u>Sides</u> Broccoli Tossed Salad Carrots and Dip Mandarin Oranges Tropical Fruit Fresh Fruit</p>	<p><u>Sides</u> Green Beans Tossed Salad Celery w/PB Pears Applesauce Fresh Fruit</p>	<p><u>Sides</u> Peas Tossed Salad Raw Peppers and Dip Fresh Melon Peaches Fresh Fruit</p>	<p><u>Sides</u> Black Beans Ice Cups Peach Cups Fresh Fruit</p>	
<p><u>Milk</u> Bread/Butter</p>	<p><u>Milk</u> Breadstick</p>	<p><u>Milk</u> Bread/Butter</p>	<p><u>Milk</u></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>	

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Monday October 21	Tuesday October 22	Wednesday October 23	Thursday October 24	Friday October 25
<u>Fall Break</u>	<u>Choose 1</u> Sausage Gravy w/Biscuit Fish Sandwich Grab and Go Salad	<u>Choose 1</u> Macaroni and Cheese w/Smoky Links BBQ Pork Rib Sandwich Grab and Go Salad	<u>Choose 1</u> Soup and Sandwich Bar Toasted Cheese Cold Sub Sandwich Grab and Go Salad	<u>Choose 1</u> French Bread Pizza Sub Sandwich Station Grab and Go Salad
	<u>Sides</u> Green Beans Tossed Salad Celery w/PB Applesauce Peaches Fresh Fruit Add coleslaw	<u>Sides</u> Roasted Squash Tossed Salad Cucumbers and Dip Pears Grapes Fresh Fruit	<u>Sides</u> Tomato Soup Cheesy Potato Soup Tossed Salad Sherbet Fresh Fruit	<u>Sides</u> French Fries Tossed Salad Peppers and Dip Pineapple Mixed Fruit Fresh Fruit
	Milk	Milk Bread/Butter	Milk	Milk
	<u>Breakfast</u> Mini donuts	<u>Breakfast</u> Pizza	<u>Breakfast</u> French Toast Stix w/Smoky	<u>Breakfast</u> Sausage Gravy w/Biscuit

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

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