

January 2017

NHSD Elementary School Lunch Menu

MONDAY

2

No School

TUESDAY

3

Hot Dog on WG Bun
Alt: Chicken Patty Sandwich
Alt: Ham & Cheese Sandwich
Sweet Peas
Crispy French Fries
Chilled Applesauce
Happy New Year Water Ice

WEDNESDAY

4

Chicken Tenders w/w/o roll
Alt: Max Pizza
Alt: Tuna Fish Sandwich
Honey Baked Beans
Mandarin Oranges

THURSDAY

5

Beef Tacos
Alt: Cheesy Pizza Wedge
Alt: Egg Salad Sandwich
Steamy Corn
Diced Sweet Peas

FRIDAY

6

Baked Chicken Nuggets w/w/o Roll
Alt Burger w/w/o Cheese
Alt: Ham & Cheese Hoagie
Steamy Broccoli
Pineapple Tidbits
Mini WG Alphabet Cookies

9

McLion Burger
Alt: Cheesy Pizza Wedge
Alt: Turkey & Cheese Hoagie
Honey Baked Beans
Mandarin Oranges
Blueraspberry/Lemon Sidekick Smoothie

Brunch for Lunch!

10

Pancakes w/w/o Sausage
Alt: Bacon, Egg & Cheese Muffin
Alt: Ham & Cheese Sandwich
Red Pepper Strips w/w/o Dip
Tator Tots

11

Honey BBQ Nuggets w/w/o Roll
Alt: Big Daddy's Pizza
Alt: Tuna Fish Sandwich
Sweet Potato Bites
Golden Corn
Colorful Mixed Fruit

12

Spaghetti w/w/o Meatballs
Alt: Max Pizza Sticks w/w/o Dipping Sauce
Alt: Egg Salad Sandwich
Garlic Bread
Steamed Broccoli Bites
Diced Sweet Peas

13

Breaded Ocean Shapes
Alt: Chicken Drumsticks w/w/o Roll
Alt: Ham & Cheese Hoagie
Soft Pretzel Stick
Fluffy Mashed Potatoes
Steamy Green Beans
Sliced Peaches

16

No School

Hamburger w/w/o Cheese on Bun

17

Alt: Chicken Parm Sandwich
Alt: Ham & Cheese Sandwich
Crispy French Fries
Sweet Peas
Chilled Applesauce

18

Chicken Tenders w/w/o Roll
Alt: Max Pizza
Alt: Tuna Fish Sandwich
Steamy Green Beans
Colorful Mixed Fruit
Mni WG Choc. Chip Cookies

19

Hot Ham & Cheese on Pretzel Roll
Alt: Meatball Sub
Alt: Egg Salad Sandwich
Honey Glazed Carrots
Potato Smiles
Sliced Peaches

20

Early Dismissal
No Meals Served

23

Cheesy Pizza Wedge
Alt: Chicken Sticks w/w/o Breadstick
Alt: Turkey & Cheese Hoagie
Steamy Broccoli
Chilled Applesauce
Kiwi-Strawberry Sidekick Smoothie

Brunch for Lunch!

24

French Toast w/w/o Sausage
Alt: Sausage, Egg & Cheese on Muffin
Alt: Ham & Cheese Sandwich
Red Pepper Strips w/w/o Dip

25

Hamburger w/w/o Cheese on Bun
Alt: Stuffed Crust Pizza
Alt: Tuna Fish Sandwich
Honey Baked Beans
Diced Sweet Peas

26

Ravioli in Sauce w/w/o Roll
Alt: Baked Chicken Nuggets w/w/o Roll
Alt: Egg Salad Sandwich
Golden Corn
Garlic Bread
Pineapple Tidbits

27

Chicken Drumsticks
Alt: Personal Pizza
Alt: Ham & Cheese Hoagie
Soft Pretzel Stick
Steamy Green Beans
Mandarin Oranges

30

Cheese Quesadilla
Alt: Popcorn Chicken
Alt: Turkey & Cheese Hoagie
Brown Rice
Carrot Coins
Sliced Peaches

Hot Dog on WG Bun

31

Alt: Chicken Patty Sandwich
Alt: Ham & Cheese Sandwich
Sweet Peas
Crispy French Fries
Chilled Applesauce

Did you know...

On January 1, 1863, the Emancipation Proclamation was issued by Abraham Lincoln.

****NOW SERVING Grab & Go BREAKFAST!**
Please remember, if your child receives free or reduced lunch, they also receive free or reduced breakfast**

Menu is Subject to Change

Student Lunch \$2.90
Reduced Lunch \$.40

Additional Meal Choices Include:
Peanut Butter & Jelly Uncrustable, String Cheese Combo w/Goldfish Crackers
Or
Yogurt, Bagel, String Cheese Combo w/w/o Toppings
Additional Fruit & Veg. Choices Include:
100% Assorted Fruit Juice:
Orange, Grape or Apple
Baby Carrots w/w/o Ranch Dip
Side Garden Salad
Fresh Fruit Basket w/ Apples, Oranges and Bananas

1% White, FF White, FF Choc. & FF Straw. Milk offered daily.

Federal Guidelines for School Lunches

5 Meal Components Offered:
Meat/Meat Alternate, Bread/Grain, Vegetable, Fruit and Milk

Students must choose 3 of the 5. One of the 3 chosen must be a fruit or vegetable for the meal to be considered a school lunch.

