

September 2019

North Cedar Jr/Sr High Lunch Menu

LUNCH



Students have choices between the hot main entrees, yogurt parfait, sub sandwich, chef salad and a specialty sandwich;

Sept 3-6: Roast Beef and Cheddar Panini

Sept 9-13: Turkey Bacon Wrap

Sept 17-20: Ham & Cheese Flat Bread

Sept 23-27: Turkey & Provolone on Ciabatta

Sept 30: Italian Flat Bread



Monday

Tuesday

Wednesday

Thursday

Friday

No School

2

Chicken Fajitas on Tortilla
Fiesta Black Beans, Salsa, Sour Cream, Shredded Cheese, Grilled Peppers & Onions
Applesauce, Pineapple
Fruit of Choice, Vegetable Bar
Milk of Choice

3

Breaded Pork Chop, Butter Pat, Mashed Potatoes, Gravy, WG Roll, Corn, K, M, BBQ Applesauce, Sliced Pears
Fruit of Choice, Vegetable Bar
Milk of Choice

4

Sloppy Joes on WG Bun
Tater Tots, Carrots
K, M, Pickle, Onion
Applesauce, Orange Wedges
Fruit of Choice, Vegetable Bar
Milk of Choice

5

Breaded Chicken Patty or Spicy Chicken Patty on WG Bun, Peas, Parsley Potatoes, K, M, BBQ, Honey Mustard, Applesauce, Mandarin Oranges
Fruit of Choice, Vegetable Bar
Milk of Choice

6

Crispito or Burrito
Spanish Rice, Salsa, Sour Cream
Shredded Cheese or Cheese Sauce, Applesauce, Peaches
Fruit of Choice, Vegetable Bar
Milk of Choice

9

Hot Ham & Cheese or Meatball Sub on WG Bun, Carrots, Chips, K, M
Applesauce, Fresh Apple Slices
Fruit of Choice, Vegetable Bar
Milk of Choice

10

Orange Chicken, WG Roll
Brown Rice, Stir-Fry Vegetables
S&S Sauce, Fortune Cookie
Applesauce, Pineapple
Fruit of Choice, Vegetable Bar
Milk of Choice

11

Chicken Alfredo
WG Breadstick
Parmesan Cheese, Broccoli
Applesauce, Sidekick Slushie
Fruit of Choice, Vegetable Bar
Milk of Choice

12

Corn Dog, Hot Dog, & Cheddarwurst on WG Bun, K, M, Onion, Baked Beans
Chips, Applesauce, Mandarin Oranges, Fruit of Choice
Vegetable Bar, Milk of Choice

13

No School

16

Walking Tacos or Soft Shell Tacos, Ranchero Beans, Shred Cheese, Salsa, Sour Cream, Churro, Applesauce
Fresh Orange Wedges, Fruit of Choice, Vegetable Bar, Milk

17

Popcorn Chicken, Butter Pat
Mashed Potatoes, Gravy, Corn
B&B Sandwich, K, M, BBQ, Honey Mustard, Applesauce, Peaches
Fruit of Choice, Vegetable Bar
Milk of Choice

18

Lasagna
WG Breadstick
Green Beans, Parmesan Cheese
Applesauce, Pineapple Chunks
Fruit of Choice, Vegetable Bar
Milk of Choice

19

French Dip Sandwich
Fries, Carrots, Au Jus
Shred Cheese or Cheese Sauce
Applesauce, Mandarin Oranges
Fruit of Choice, Vegetable Bar
Milk of Choice

20

Totally Tacos or Cheese or Chicken Quesadilla,
Spanish Rice, Salsa, Sour Cream
Baked Cinnamon Apples,
Applesauce, Pears, Fruit of Choice, Vegetable Bar, Milk

23

Chicken Strips, WG Roll
Parsley Potatoes, Butter Pat
Peas, K, M, BBQ, Honey Mustard
Applesauce, Sidekick Slushie
Fruit of Choice, Vegetable Bar
Milk of Choice

24

French Toast Sticks
Sausage Links, Omelet
Hash Brown Patty, Syrup, K
Strawberries & Bananas
100% Juice, Applesauce
Vegetable Bar, Milk of Choice

25

Salisbury Steak, Corn
Mashed Potatoes, Gravy
Butter Pat, B&B Sandwich, K, M
Applesauce, Mandarin Oranges
Fruit of Choice, Vegetable Bar
Milk of Choice

26

Pulled BBQ Chicken Sandwich or Fish Sandwich on WG Bun
Baked Beans, Chips, Pickle, Onion, Tartar, K, M, BBQ
Coleslaw, Applesauce, Peaches,
Fruit of Choice, Veg Bar, Milk

27

Orange Chicken, Brown Rice, Broccoli
S&S Sauce, Fortune Cookie
Applesauce, Pineapple
Fruit of Choice, Vegetable Bar
Milk of Choice

30

