

# SEPTEMBER | 2022



## NW High School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b> Taco with lettuce /cheese cup Mini Corn Dogs Southwest Grill Salad w/roll Corn or Refried Beans Fresh Fruit or Mixed Fruit	<b>2</b> No School
<b>5</b> No School	<b>6</b> Breakfast for Lunch Cheeseburger on Bun Buffalo Chicken Salad w/roll Baked Beans Hash Browns 100% Apple or Orange Juice Mixed Fruit	<b>7</b> Popcorn Chicken Bowl Calzone Crispy Chicken Salad w/roll Green Beans or Mixed Vegetable Pears or Pineapple	<b>8</b> Max Sticks w/marinara Chicken Parmesan on Bun Cobb Salad w/roll Pasta Salad or Corn Fresh Fruit or Applesauce	<b>9</b> Domino's Pizza Cheese or Pepperoni Spicy Chicken Patty on Bun Crispy Chicken Salad w/roll Carrot Sticks w/dip Green Bean Applesauce Cup Mand Oranges
<b>12</b> Chicken Nuggets w/muffin Stuffed Crust Cheese or Pepperoni Crispy Chicken Salad w/roll Baked Beans Spicy Wedge Fries Fresh Fruit or Pears	<b>13</b> Masagna Roll-Up with Breadstick Spicy Chicken Patty on Bun Wildfire BBQ Chicken Salad w/roll Carrots or Romaine/Spinach Salad Peaches or Sidekicks	<b>14</b> Bosco Sticks w/marinara Fiestada Pizza Buffalo Chicken Salad w/roll California Blend Key West Blend Pears or Pineapple	<b>15</b> Walking Taco w/Frito Bacon Cheeseburger on Bun Crispy Chicken Salad w/roll Corn or Refried Beans Fresh Fruit or Mixed Fruit	<b>16</b> Pizza Bob Chicken Patty on Bun Cobb Salad w/roll Green Beans Sweet Potato Fries Applesauce Cup or Peaches
<b>19</b> Chicken Tenders w/roll Philly Steak and Cheese on Bun Southwest Grill Salad w/roll Broccoli or Roasted Potatoes Applesauce or Fresh Fruit	<b>20</b> Bosco Sticks w/marinara Meatball Sub on Bun Crispy Chicken Salad w/roll Green Beans or Key West Vegetables Mixed Fruit or Pears	<b>21</b> Sweet & Sour Chicken over Rice With Mini Egg Roll French Bread Cheese or Pepperoni Pizza Buffalo Chicken Salad w/roll Peas and Carrots or Mashed Potatoes w/gravy Mandarin Oranges or Pineapple	<b>22</b> Nacho Grande Spicy Sicilian Sliders Wildfire BBQ Chicken Salad w/roll Baked Beans or Corn Fresh Fruit or Peaches	<b>23</b> Pizza Hut Cheese or Pepperoni Pizza Spicy Chicken Patty on Bun Crispy Chicken Salad w/roll Carrot Sticks with dip Smiley Fries Applesauce Cup or Mixed Fruit
<b>26</b> Popcorn Chicken w/roll BBQ Rib on Bun Buffalo Chicken Salad w/roll Cole Slaw or French Fries Fresh Fruit or Peaches	<b>27</b> Ravioli w/ breadstick Chicken Patty on Bun Cobb Salad w/roll Peas or Romaine /Spinach Salad Key West Vegetables Sherbet Cup or Pear Cup	<b>28</b> General Tso's Chicken over rice with mini Egg Roll Cheeseburger on Bun Crispy Chicken Salad w/roll Broccoli or Far East Vegetables Applesauce or Pineapple	<b>29</b> Taco with lettuce /cheese cup Mini Corn Dogs Southwest Grill Salad w/roll Corn or Refried Beans Fresh Fruit or Mixed Fruit	<b>30</b> Mac & Cheese with soft pretzel Big Daddy Cheese or Pepperoni Crispy Chicken Salad w/roll Green Beans or Carrots Cinnamon Applesauce or Peaches

### News

Breakfast and Lunch are NOT free this school year.

Breakfast - \$1.50  
Reduced Break - \$.30

Lunches - \$3.00  
Reduce Lunch - \$.40

Ice Cold Milk offered daily: \$.50  
-Fat Free Chocolate  
-1% White

\*Menus are subject to change.

We need subs for the Cafeteria. If you are interested in earning some extra money. Call #330-854-5453.