



Lunch Menu

2023



		1 Macaroni & Cheese 2oz(M/MA)Cheese, 6oz(GR)Pasta, 8oz(VEG)Green Beans, 4oz(FR)Oranges, 8oz(Dairy) Milk	2 Schools Giving Dinner 3oz(M/MA)Turkey, 4oz(VEG)Mashed Potatoes, 4oz(VEG) Corn, 1oz Gravy, 2oz(GR)Stuffing, 4oz(FR)Apple Crisp, 8oz(Dairy)Milk	3 Hot Dogs 2oz(M/MA) Hot Dogs, 2.5oz(GR)Rolls, 4oz(VEG)Cole Slaw, 4oz(VEG)Fries, 4oz(FR)Peaches, 8oz(Dairy)Milk
6 Northeast Famous Bowl 3oz(M/MA)Popcorn Chicken, 4oz(VEG)Mashed Potatoes, 4oz(VEG)Corn, 2oz(GR)Dinner Roll, 4oz(FR)Oranges, 8oz(Dairy)Milk	7 ***Steak & Cheese Sub*** 3oz(M/MA) 2ozShaved Steak, 1oz Cheese, 2oz(GR)Sub Roll, 8oz (VEG)Potato Puffs, 4oz(FR) Pears, 8oz(Dairy) Milk	8 Pasta & Chicken Parm 2oz(M/MA)Chicken, 4oz(GR) Pasta, 4oz(VEG)Marinara Sauce, 4oz(VEG)Garden Salad, 4oz(FR) Mixed Fruit, 8oz(Dairy)Milk	9 Meatball Sub 3oz (M/MA) Meatballs, 2.5oz (GR) WG Roll, 8oz (VEG) Marinara Sauce/Carrots, 4oz (FR) Apples, 8oz (Dairy) Milk	10 Veteran's Day - No School 
13 Chicken Alfredo 2oz(M/MA)Chicken, 4oz(GR) Pasta, 4oz(VEG) Broccoli, 4oz (VEG)Garden Salad, 4oz(FR) Oranges, 8oz(Dairy) Milk	14 Grilled Ham & Cheese Sandwich w/ cup of Minestrone Soup 3oz(M/MA)Ham/Cheese, 2oz(GR)WGBread,8oz(VEG)Baby Carrots,4oz(FR)Peaches, 8oz(Dairy)Milk	15 Spaghetti & Meatballs 2oz(M/MA)Meatballs, 4oz(GR) Pasta, 4oz(VEG)Marinara Sauce, 4oz(VEG)Garden Salad, 4oz(FR) Mixed Fruit, 8oz(Dairy) Milk	16 Spicy or Regular Chicken Patty on a Roll 3oz (M/MA) Chicken Patty, 2.5oz (GR) WG Roll, 8oz (VEG) Seasoned Wedge Fries, 4oz (FR) Apple Slices, 8oz (Dairy) Milk	17 ***Beef Picadillo over Rice*** 2oz(M/MA)Beef, 1.5oz(VEG)Tomatoes, 6oz(VEG)Garden Salad ,4oz(GR)WG Rice,4oz(FR)Pears, 8oz(Dairy)Milk
20 ***Chicken Fried Rice*** 2oz(M/MA)Chicken, 4oz(GR) Rice, 8oz(VEG)Eggroll/Peas/Carrots, 4oz (FR)Oranges, 8oz(Dairy)Milk	21 Beef & Cheese Sub 3oz(M/MA)2 ozHamburg, 1oz Cheese, 2oz(GR)Sub Roll, 8oz (VEG)Potato Puffs, 4oz(FR) Pears, 8oz(Dairy)Milk	22 		
27 Hot Dogs 2oz(M/MA) Hot Dogs, 2.5oz(GR)Rolls, 4oz(VEG)Cole Slaw, 4oz(VEG)Fries, 4oz(FR)Pears, 8oz(Dairy)Milk	28 Northeast Famous Bowl 3oz(M/MA)Popcorn Chicken, 4oz(VEG)Mashed Potatoes, 4oz(VEG)Corn, 2oz(GR)Dinner Roll, 4oz(FR)Oranges, 8oz(Dairy)Milk	29 Lazy Man Lasagna 2oz(M/MA)Hamburg,4oz(GR) Pasta,4oz(VEG)Caesar Salad,4oz(VEG)Broccoli & Parmesan Cheese,4oz(FR)Peaches, 8oz(Dairy)Milk	30 ***Beef Stir Fry*** 2oz(M/MA) Beef, 4oz(GR)Rice, 8oz(VEG)Broccoli/Carrots, 4oz (FR)Mixed Fruit, 8oz (Dairy) Milk	1 Chicken Nugget Sub 3oz (M/MA) Chicken Nuggets, 2.5oz (GR) WG Roll, 8oz (VEG) Pasta Salad, 4oz (FR) Oranges, 8oz (Dairy) Milk

Daily Vegetarian Options

Garden Salad
8oz (VEG)
Lettuce,3oz(M/MA)Feta/Mozzarel
la/Cheddar, 4oz (FR) Daily Fruit,
2oz (GR) Flatbread, 8oz (Dairy)
Milk (Other NON Vegetarian
option salads may include 3oz
(M/MA)Grilled Chicken)

Assorted Pizza
2oz (M/MA)Cheese, 2 oz.(VEG)
Pizza Sauce, 2oz (GR) Flatbread,
6oz(VEG) Garden Salad, 4oz (FR)
Pears, 8oz (Dairy) Milk (Other
NON Vegetarian option Pizzas
MAY include Pepperoni, Meat
Lovers, Hamburg 2 oz.(M/MA)}

**Sunbutter and Jelly
Sandwich**
2oz (M/MA) Sunbutter, 4oz (FR)
Daily Fruit, 2oz (GR) Pullman
Bread, 8oz (Dairy) Milk

Hummus & Pita Chips
2oz (M/MA)Cheese, 4 oz (Veg)
Hummus & Baby Carrots,4oz (FR)
Daily Fruit, 2oz (GR) Pita Chips,
8oz (Dairy) Milk

Cheeseburger on a Bun
4oz (M/MA) Burger/Cheese, 2oz
(GR) Rolls, 8oz (VEG)Daily Veg,
4oz (FR) Mixed Fruit, 8oz (Dairy)
Milk

Taco Line(Line #3)
2oz(M/MA)Seasoned
Beef,1oz(M/MA)Cheese,4oz(Veg)(
2oz)Shredded Lettuce,
(2oz)Tomatoes,4oz(GR)Hard/Soft
Shells,4oz (VEG)Salsa

**Sandwiches Made to Order (Line
#4)**
2oz
(M/MA)Turkey/Ham/Bologna/Sala
mi 1oz Cheese, 4oz (FR) Daily
Fruit, 2oz (GR) Pullman Bread, 8oz
(Dairy) Milk

*****NEW MENU ITEMS*****



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This institution is an equal opportunity provider.

Breakfast Menu

2023

***** Cafeteria Signature Flavor or Strawberry-Banana or Pineapple-Mango *****
4oz Fruit, 4 oz Protein, 2oz Grain, 8 oz (VEG) Daily Vegetable, 4oz (FR) Juice, 8oz (Dairy) Milk

Assorted Cereal

2oz (GR) Cereal, 8 oz (VEG) Daily Vegetable, 4oz (FR) Juice, 8oz (Dairy) Milk

Ham/Sausage Egg & Cheese Sandwich

2 oz (GR) Bagel, 1.5 oz (M/MA) Ham/Sausage, 8 oz (VEG) Daily Vegetable, 4oz (FR) Juice, 8oz (Dairy) Milk

Blueberry/ Chocolate Chip Muffin

2 oz (GR) Muffin, 8 oz (VEG) Daily Vegetable, 4oz (FR) Juice, 8oz (Dairy) Milk

Pancakes

2 oz (GR) Pancakes, 8 oz (VEG) Daily Vegetable, 4oz (FR) Juice, 8oz (Dairy) Milk

Cinnamon Roll

2 oz (GR) Cinn. Roll, 8 oz (VEG) Daily Vegetable, 4oz (FR) Juice, 8oz (Dairy) Milk

French Toast

2 oz (GR) French Toast Sticks, 8 oz (VEG) Daily Vegetable, 4oz (FR) Juice, 8oz (Dairy) Milk

Yogurt with Granola

2.75 oz (GR) Yogurt/Granola, 8 oz (VEG) Daily Vegetable, 4oz (FR) Juice, 8oz (Dairy) Milk

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