

# 2016 January

## NWMHS Lunch Menu

### MONDAY

**4**  
Chicken Cordon Bleu Sandwich  
Bacon Cheeseburger  
Chicken Caesar Salad  
Ham & Provolone Wrap  
Hawaiian Pizza  
Golden Corn, French Fries, Cherry Tomatoes, Garden Salad, Apple, Pineapple

**11**  
Spicy Popcorn Chicken w/ Sriracha Sauces  
Bacon Cheeseburger  
Fruit, Yogurt & Cheese Plate w/ Cinn Biscuit  
Ham & Cheddar Wrap  
Chicken Parm Pizza  
Sweet Potatoes, French Fries, Broccoli, Garden Salad, Apple, Pineapple

**18**  
NO SCHOOL  
MLK Day

**25**  
French Toast Sticks & Turkey Sausage  
Bacon Cheeseburger  
All American Salad  
Ham & Provolone Wrap  
Sausage Pizza  
Golden Corn, French Fries, Cherry Tomatoes, Garden Salad, Apple, Pineapple

### TUESDAY

**5**  
BBQ Ckn Drumstick w/ Mac & Cheese/Roll  
Southwest Ckn Panini  
Chicken Chef Salad  
Turkey & Cheese Sub  
Taco Pizza  
Campfire Beans, Potato Wedges, Cucumber Slices, Garden Salad, Banana, Fruit Cocktail

**12**  
Popcorn Chicken Mashed Potato Bowl w/ Roll  
Spicy Popcorn Chicken  
Chicken Baja Salad  
Turkey & Cheese Sub  
Meat Lover's Pizza  
Green Beans, French Fries, Red Pepper Strips, Garden Salad, Banana, Fruit Cocktail

**19**  
Chili Lime Popcorn Chicken w/ Yellow Rice & BBQ Black Beans  
Ranch Ckn & Chs Panini  
All American Salad  
Turkey & Cheese Sub  
Vegetable Pizza  
Green Peas, French Fries, Red Peppers Strips, Garden Salad, Orange Wedges, Fruit Cocktail

**26**  
Italian Meatball Sub  
Chicken Parm Panini  
Chicken Baja Salad  
Turkey & Cheese Sub  
Chicken Parm Pizza  
Sweet Potatoes, French Fries, Cucumber Slices, Garden Salad, Banana, Fruit Cocktail

### WEDNESDAY

**6**  
Orange Popcorn Ckn w/ Broccoli & Rice  
Fish Sticks w/ Roll  
Italian Ham Salad  
Turkey & Cheddar Sdw  
BBQ Chicken Pizza  
Steamed Broccoli, French Fries, Garden Salad, Orange Wedges, Diced Peaches

**13**  
Chili Mac  
Spicy Popcorn Chicken  
Ham Chef Salad  
Ham & Cheddar Sub  
Buffalo Chicken Pizza  
Green Peas, French Fries, Cucumber Slices, Garden Salad, Orange Wedges, Diced Peaches

**20**  
Country Fried Steak w/ Gravy & Roll  
Chili Lime Popcorn Ckn  
Italian Ham Salad  
All American Sub  
Taco Pizza  
Mashed Potatoes & Gravy, French Fries, Garden Salad, Cucumber Slices, Banana, Diced Peaches

**27** Harvest of the Month  
White Bean Chkn Chili  
Fish Sticks w/ Roll  
Ham Chef Salad  
Ham & Cheese Sub  
BBQ Chicken Pizza  
Baked Beans, French Fries, Celery Sticks, Garden Salad, Diced Peaches, **Cara Cara & Blood Oranges**

### THURSDAY

**7**  
Chicken Tenders, Roll w/ Chipotle Ketchup  
Cheeseburger  
Turkey Chef Salad  
Chicken Salad Wrap  
Vegetable Pizza  
Green Beans, French Fries, Baby Carrots, Garden Salad, Apples, Sliced Pears

**14**  
Cheesy Ham & Egg Pancake Melt  
Spicy Popcorn Chicken  
Buffalo Chicken Salad  
Deli Ckn & Cheese Wrap  
Sausage Pizza  
Baked Beans, Potato Wedges, Garden Salad, Apples, Applesauce

**21**  
Chicken Fried Rice  
Chili Lime Popcorn Ckn  
Fruit, Yogurt & Cheese Plate w/ Cinn Biscuit  
Ham & Cheddar Sub  
Buffalo Chicken Pizza  
Steamed Carrots, French Fries, Celery Sticks, Garden Salad, Apples, Sliced Pears

**28**  
Popcorn Chicken, Roll w/ Chipotle Ketchup  
Cheeseburger  
Buffalo Chicken Salad  
Deli Ckn & Chs Wrap  
Meat Lover's Pizza  
Roasted Zucchini, French Fries, Baby Carrots, Garden Salad, Apples, Applesauce

### FRIDAY

**8**  
Grilled Cheese & Tomato Soup  
All American Salad  
Ham & Provolone Wrap  
Papa John's Pizza  
Peas & Carrots, French Fries, Red Pepper Strips, Garden Salad, Fresh Fruit, Diced Pears

**15**  
BBQ Pork Riblet Sub  
Italian Ham Salad  
Ham & Provolone Wrap  
Papa John's Pizza  
Steamed Broccoli, French Fries, Baby Carrots, Garden Salad, Diced Pears, Fresh Fruit

**22**  
Country Fried Steak Sandwich Melt  
Chicken Ceasar Salad  
Ham & Cheese Wrap  
Papa John's Pizza  
Green Beans, French Fries, Baby Carrots, Garden Salad, Fresh Fruit, Diced Pears

**29** Birthday Celebration  
BBQ Pork Riblet Sub  
Popcorn Chicken Salad  
Ham & Provolone Wrap  
Papa John's Pizza  
Peas & Carrots, French Fries, Red Pepper Strips, Garden Salad, Fresh Fruit, Diced Pears, Rice Krispie Treat

### Daily Options:



Made From Scratch  
Cheese or Pepperoni Pizza  
Specialty Pizzas  
Plain & Spicy Chicken  
Patty Sandwich

### Made To Order Options:



Pasta Bar  
Monday



Burger Bar  
Tuesday



Deli Bar  
Wednesday



Mexican Bar  
Thursday



## Create Your Meal...

**FIRST:** Choose Entree

**SECOND:** Make it a meal \*choose a fruit or veggie\*

From hot and seasoned to fresh and crisp, there are plenty of vegetable options to choose from. Don't forget to grab a sweet fruit as a healthy alternative to dessert.

**THIRD:** Grab a milk, either Fat Free flavored, 1% or skim

This institution is an equal opportunity provider.

Menus are subject to change without notice.

