



NWMHS Lunch Menu

February 2018



1
MTO Deli Bar
French Toast Sticks
w/ Turkey Sausage
Chicken Nuggets w/ Roll
Ham Pizza Salad
Buffalo Chicken Pizza
Baked Beans, Celery Sticks,
Garden Salad, Orange Wedges,
Applesauce

2
Ham, Caramelized Onion
& Cheese FB Sandwich
All-American Cobb Salad
Chicken Salad Wrap
Papa John's Pizza
Steamed Broccoli, Zucchini Coins
Garden Salad, Assorted Fresh
Fruit, Diced Peaches

5 
Spicy Thai Chicken Bowl
Bacon Cheeseburger
Popcorn Chicken Salad
Turkey & Cheddar Wrap
Sausage Pizza
Mashed Potatoes, Tomato
Wedges, Garden Salad,
Orange Wedges, Fruit Cocktail

6 **Chopsticks Day!** 
Spicy Thai Chicken Bowl
Chicken Tenders w/ Roll
All-American Salad
Chicken Salad Sub
Meat Lover's Pizza
Orange Glazed Carrots, Jicama
Sticks, Garden Salad, Banana,
Diced Peaches

7
MTO Nacho Bar
BBQ Pork Riblet Sdw
Fruit, Yogurt & Cheese Plate
Ham & Provolone Wrap
BBQ Chicken Pizza
Steamed Zucchini, Celery Sticks,
Garden Salad, Apples, Diced
Pears

8
MTO Deli Bar
Chicken Taco
Chicken Tenders w/ Roll
Ham Pizza Salad
Hawaiian Pizza
Seasoned Refried Beans,
Baby Carrots, Garden Salad,
Orange Wedges, Applesauce

9
Fish Sandwich
All-American Cobb Salad
Ham & Swiss Wrap
Papa John's Pizza
Steamed Broccoli, Cucumber
Slices, Garden Salad, Assorted
Fresh Fruit, Diced Pears

12 
Chicken & Hummus Salad w/ Italian Flatbrd
Bacon Cheeseburger
Popcorn Chicken Salad
Ham & Provolone Sub
Sausage Pizza
Golden Corn, Broccoli, Garden
Salad, Orange Wedges, Fruit
Cocktail

13 **MARDI GRAS** 
Chicken & Sausage
Jambalaya w/ Yellow Rice
Chicken Nuggets w/ Roll
All-American Salad
**Chicken & Hummus
Salad w/ Italian Flatbread**
Meat Lover's Pizza
Green Beans, Red Pepper Strips,
Salad, Banana, Peaches

14 **Harvest of the Month**
MTO Nacho Bar
Breaded Fish Sandwich
Fruit, Yogurt & Cheese Plate
Turkey & Cheese Sub
BBQ Chicken Pizza
**Cara Cara &
Blood Oranges** 
Steamed Carrots, Cucumber
Slices, Salad, Diced Pears

15
MTO Deli Bar
Country Fried Steak w/
Gravy & Roll
Chicken Nuggets w/ Roll
Ham Pizza Salad
Buffalo Chicken Pizza
Mashed Potatoes, Celery
Sticks, Garden Salad, Orange
Wedges, Applesauce

16
Corn Dog
Breaded Fish Sandwich
All-American Cobb Salad
Chicken Salad Wrap
Papa John's Pizza
Baked Beans, Cucumber &
Tomato Salad, Assorted Fresh
Fruit, Diced Peaches

19
Salisbury Steak & Gravy
w/ Dinner Roll
Bacon Cheeseburger
Popcorn Chicken Salad
Ham & Swiss Sub
Sausage Pizza
Mashed Potatoes, Broccoli,
Garden Salad, Orange Wedges,
Fruit Cocktail

20
Pasta & Italian Meat
Sauce w/ Breadstick
Chicken Nuggets w/ Roll
All-American Salad
Southwest Turkey Wrap
Meat Lover's Pizza
Green Beans, Red Pepper
Strips, Garden Salad, Banana,
Diced Peaches

21
MTO Nacho Bar
BBQ Pork Riblet Sdw
Fruit, Yogurt & Cheese Plate
Turkey & Cheese Sub
BBQ Chicken Pizza
Sweet Potato Fries, Cucumber
Slices, Garden Salad, Apples,
Diced Pears

22
MTO Deli Bar
Beef Chili w/ Peanut Butter
Sandwich
Chicken Nuggets w/ Roll
Ham Pizza Salad
Buffalo Chicken Pizza
Baked Beans, Celery Sticks,
Garden Salad, Orange Wedges,
Applesauce

23 **Birthday Celebration**
Chicken Ranch
Flatbread Sandwich
Breaded Fish Sandwich
All-American Cobb Salad
Chicken Salad Wrap
Papa John's Pizza
Steamed Broccoli, Baby Carrots,
Garden Salad, Assorted Fresh
Fruits, Diced Pears, Mini Rice
Krispie Treat

26
Country Fried Steak w/
Gravy & Mashed Potatoes
Bacon Cheeseburger
Popcorn Chicken Salad
Turkey & Cheddar Wrap
Sausage Pizza
Green Peas, Tomato Wedges,
Garden Salad, Orange
Wedges, Fruit Cocktail

27
Chicken Mashed Potato
Bowl w/ Biscuit
Chicken Tenders w/ Roll
All-American Salad
Chicken Salad Sub
Meat Lover's Pizza
Mixed Vegetables, Cucumber
Slices, Garden Salad,
Banana, Diced Peaches

28
MTO Nacho Bar
BBQ Pork Riblet Sdw
Fruit, Yogurt & Cheese Plate
Ham & Provolone Wrap
BBQ Chicken Pizza
Orange Glazed Carrots, Celery
Sticks, Garden Salad, Apples,
Diced Pears



Lunch Pricing: Paid \$2.80, Reduced \$0.40, Adult \$3.60, Milk \$0.55

Other Available Entrees: Baked French Fries, Regular/Spicy Chicken Patty Sandwiches, Chicken Tenders, Popcorn Chicken, Cheese & Pepperoni Pizza

Available Beverages: Skim Milk, Chocolate Skim Milk, 1% Milk, Assorted 100% Fruit Juices

Menus are subject to change without notice.

Breakfast Pricing: Paid - \$1.50, Reduced - \$0.30, Adult - \$2.00

Did You Know? We offer breakfast every single day! From cinnamon rolls to sandwiches, cereal to breakfast bars, we are sure to offer something you will enjoy!

Menus are posted online at www.gccschools.com/menus

This institution is an equal opportunity provider.

