

May 2019

Northwestern Regional High School Lunch

Daily Lunch Price: Paid \$3.00 Reduced \$.40 Milk Price: \$.60

Milk is offered with every meal: 1% or fat free white, fat free chocolate

Daily offerings: Assorted fresh or canned fruits, raw veggies w/hummus

Always Available: Pre-made salads, Grab-N-Go Box, Deli Bar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>A healthy breakfast is available daily. If your child qualifies for free or reduced lunch, they also qualify for free or reduced breakfast</p>		<p>1</p> <p>Mozzarella Sticks w/Marinara Green Beans Tater Tots Breadstick</p>	<p>2 New Item!</p> <p>Nacho Bites Salsa & Sour Cream Seasoned Corn Cinnamon Churro</p>	<p>3</p> <p>Pizza Garden Salad</p>
<p>6</p> <p>French Bread Pizza Seasoned Green Beans</p>	<p>7</p> <p>Popcorn Chicken Mashed Potatoes w/Gravy Seasoned Corn Blueberry Muffin</p>	<p>8</p> <p>Pasta w/Meat Sauce Seasoned Carrots Breadstick</p>	<p>9</p> <p>Beef or Chicken Nachos w/Cheese, Tomato, Salsa, Sour Cream, Corn Rice & Red Beans</p>	<p>10</p> <p>Choice of: Fried Dough Or French Bread Pizza Spinach Salad</p>
<p>13</p> <p>Chicken Parm Grinder Roasted Cauliflower Tater Tots</p>	<p>14</p> <p>Egg, Sausage and Cheese on a Bagel or English Muffin Seasoned Carrots</p>	<p>15</p> <p>Macaroni and Cheese Popcorn Chicken Green Beans Breadstick</p>	<p>16</p> <p>Cheeseburger on a Roll Black Bean & Corn Fiesta Salad Potato Wedges Fresh Baked Cookie</p>	<p>17</p> <p>Choice of: Fried Dough Or French Bread Pizza Spinach Salad</p>
<p>20</p> <p>Asian Chicken With Vegetables Steamed Brown Rice Fresh Baked Cookie</p>	<p>21</p> <p>Chicken Patty on a Roll Steamed Broccoli Oven Baked Fries</p>	<p>22</p> <p>Pasta w/Marinara And Meatballs Parmesan Cheese Steamed Broccoli Dinner Roll</p>	<p>23</p> <p>Beef Taco Cheese, lettuce, Salsa tomato, Sour Cream Seasoned Corn Rice w/Black Beans</p>	<p>24</p> <p>Early Release</p>
<p>27</p> <p>Memorial Day No School</p>	<p>28</p> <p>Chicken Nuggets French Fries Glazed Carrots Biscuit</p>	<p>29</p> <p>Meatball Grinder Broccoli Salad Tater Tots</p>	<p>30</p> <p>Hot Dog on a Roll Baked Beans Macaroni Salad Fresh Baked Cookie</p>	<p>31</p> <p>Pizza Garden Salad</p>

This institution is an equal opportunity provider.

Menu subject to change