

# Northridge Middle School Menu



Be sure and get a good start to your day with Breakfast! Breakfast choices include the daily entrée, cinnamon bun, PBJ wafer, cereal or yogurt with toast or goldfish grahams.

## August – October 2018

	Monday	Tuesday	Wednesday	Thursday	Friday		
<b>Blue</b>	Whole Grain Muffin Corndog Oven Baked Fries Baked Beans Steamed Corn Applesauce	Breakfast Pizza Grilled or Brd. Chicken Patty Sandwich Seasoned Potato Wedges Steamed Broccoli Chilled Pears	Breakfast Sliders Salisbury Steak Warm Baked Roll Whipped Potatoes Gravy Seasoned Green Beans Chilled Mixed Fruit	Biscuits & Gravy Chicken Tacos Shredded Lettuce Diced Tomatoes Salsa Warm Apple Special Snicker Doodle Cookie	Pancake Wrap Pizza Romaine Salad Baby Carrots, Broccoli, & Red Pepper Strips Vegetable Dip Watermelon Chunks	<b>Breakfast Components:</b> Entrée Choice (protein and/or grains) Fruit Milk	<b>Breakfast Meal Prices:</b> Student \$1.10 Reduced .30 Extra Milk .40
	Whole Grain Muffin Chicken Alfredo Romaine Salad Breadstick Steamed Carrots Mixed Fruit Animal Crackers	Breakfast Pizza Texas Straw Hat Refried Beans Shredded Lettuce Diced Tomatoes Chilled Pears Carnival Cookie	Sausage Biscuit Chicken Bites Au Gratin Potatoes Seasoned Broccoli Fresh Orange Wedges Sliced Bread	Chicken Breakfast Sand. Spaghetti Garlic Toast Romaine Salad Seasoned Green Beans Chilled Peaches	Pancake Wrap Chicken Fajita Wrap Shredded Lettuce Diced Tomatoes Seasoned Corn Spanish Rice Applesauce		
	Whole Grain Muffin Hot Dog on Bun Coney Sauce Seasoned Potato Wedges Baked Beans Chilled Pears	Breakfast Pizza Toasted Cheese Sand. Chicken Noodle Soup Romaine Salad Fresh Carrots & Cucumbers with Dip Fresh Apple Wedges	Breakfast Sliders Deli Sub Sandwich Lettuce, Sliced Tomatoes, Onions, Red Peppers, & Cucumbers Baked Chips Frozen Fruit Cup/Cookie	Biscuits & Gravy Brd Chicken Drumstick Warm Baked Roll Seasoned Green beans Whipped Potatoes/Gravy Chilled Peaches	Pancake Wrap Brd Mozzarella Sticks Marinara Sauce Romaine Salad Steamed Carrots Mixed Fruit	<b>What Makes A Lunch?</b> Select 3 of the 5 Components Protein Fruit Vegetable Grain Milk  One must include a minimum of ½ cup fruit or vegetable to count as a lunch or breakfast. Milk, Fresh Fruits, Fruit Juice and Vegetables offered daily.  This institution is an equal opportunity provider.	
	Whole Grain Muffin Crispy Chicken Tenders Macaroni & Cheese Romaine Salad Steamed Broccoli Applesauce	Breakfast Pizza Beef & Cheese Burrito Lettuce & Tomatoes Refried Beans Steamed Corn Strawberries Cinnamon Bread	Sausage Biscuit Popcorn Chicken Creamy Coleslaw Roasted Potatoes Celery & Carrots w/ Dip Fresh Grapes	Chicken Breakfast Sand. Turkey & Noodles Sliced Dinner Roll Whipped Potatoes Gravy Steamed Carrots Chilled Peaches	Pancake Wrap BBQ Pork Rib Sandwich Au Gratin Potatoes Seasoned Green Beans Mixed Fruit Chocolate Chip Cookie		

AUGUST	M	T	W	T	F	SEPTEMBER	M	T	W	T	F	OCTOBER	M	T	W	T	F
Blue	X	7	8	9	10	Blue	X	4	5	6	7	Blue	1	2	3	4	5
Orange	13	14	15	16	17	Orange	10	11	12	13	14	Orange	8	9	10	11	12
Green	20	21	22	23	24	Green	17	18	19	20	21	Green	X	X	X	X	X
Red	27	28	29	30	31	Red	24	25	26	27	28	Red	22	23	24	25	26
Blue						Blue						Blue	29	30	31		

Lunch Entrée Choices include the daily entrée, deli sandwich, chef salad, or yogurt with crackers.  
Ala Carte items are available if the student food service account is positive. Menu subject to change.

Northridge Cougar Café Food Service Contact Information:  
Staci Heide (765) 364-1071 ext. 634