

Northridge Middle School Menu



2017-2018 School Year

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 2017

	Monday	Tuesday	Wednesday	Thursday	Friday		
Blue	Whole Grain Muffin Corndog Potato Smiles Baked Beans Mixed Vegetable Chilled Peaches	Breakfast Pizza Toasted Cheese Sand.. Chicken Noodles Soup Romaine Salad Fresh Carrots & Cucumbers with Dip Fresh Apple Wedges	Mini Cinnamon Rolls Grilled or Brd. Chicken Patty Sandwich Potato Wedges Steamed Broccoli Chilled Pears Chocolate Chip Cookie	Biscuits & Gravy Spaghetti Garlic Toast Romaine Salad Seasoned Green Beans Mixed Fruit	Pancake Wrap Pizza Romaine Salad Baby Carrots, Broccoli, & Red Pepper Strips Vegetable Dip Warm Apple Special	Breakfast Components: Entrée Choice (protein and/or grains) Fruit Milk	Breakfast Meal Prices: Student \$1.10 Reduced .30 Extra Milk .40
Orange	Whole Grain Muffin Chicken Alfredo Sauce With Rotini Noodles Romaine Salad Breadstick Mixed Vegetables Applesauce	Breakfast Pizza Texas Straw Hat Refried Beans Shredded Lettuce Diced Tomatoes Chilled Pears Carnival Cookie	Mini Cinnamon Rolls Chicken Bites Au Gratin Potatoes Seasoned Broccoli Fresh Orange Wedges Sliced Bread	Biscuits & Gravy Salisbury Steak Homemade Roll Whipped Potatoes Gravy Seasoned Green Beans Chilled Peaches	Pancake Wrap Garlic Cheese Flatbread Romaine Salad Steamed Carrots Watermelon Chunks Animal Crackers	Lunch Components: Entrée Choice (protein) Fruit Vegetable Grain Milk	Lunch Meal Prices: Student \$1.75 Reduced .40 Extra Milk .40
Green	Whole Grain Muffin Hot Dog on Bun Coney Sauce Seasoned Potato Wedges Baked Beans Chilled Peaches	Breakfast Pizza Chicken Fajita Wrap Shredded Lettuce Diced Tomatoes Seasoned Corn Warm Apple Special Snickerdoodle Cookie	Mini Cinnamon Rolls Rotini with Meat Sauce Garlic Bread Romaine Salad Seasoned Green Beans Chilled Peaches	Biscuits & Gravy Deli Sub Sandwich Lettuce, Sliced Tomatoes, Onions, Red Peppers, & Cucumbers Seasoned Baked Fries Applesauce	Pancake Wrap Pizza Romaine Salad Baby Carrots, Broccoli, Red Pepper Strips Vegetable Dip Mixed Fruit		
Red	Whole Grain Muffin Crispy Chicken Tenders Macaroni & Cheese Romaine Salad Steamed Broccoli Chilled Peaches	Breakfast Pizza Brd Mozzarella Sticks Marinara Sauce Romaine Salad Seasoned Green Beans Fresh Apple Wedges Carnival Cookie	Mini Cinnamon Rolls Turkey & Noodles Homemade Roll Whipped Potatoes Gravy Steamed Carrots Chilled Peaches	Biscuits & Gravy Popcorn Chicken Creamy Coleslaw Roasted Potatoes Celery & Carrots w/ Dip Fresh Orange Wedges	Pancake Wrap No Bean Burrito Lettuce & Tomatoes Spanish Rice Refried Beans Steamed Corn Mixed Fruit		

What Makes A Lunch?
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.

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