

# Northwest Local High School Lunch

Fresh Fruits and Vegetables served daily

March  
2023

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  |
|---|--|--|---|---|
|   | <p>This is for Food 4 Thought</p>  | <p><b>1</b><br/>Cheeseburger on a Bun<br/>Cheese Pizza<br/>Honey Mustard Ham Wrap<br/>Tater Tots<br/>Baby Carrots<br/>Pineapple Tidbits<br/>1% Milk</p>  | <p><b>2</b><br/>Chili Dog<br/>Cheese Pizza<br/>Turkey BLT Wrap<br/>Kettle Potato Chips<br/>Cucumber Slices<br/>Diced Peas<br/>1% Milk</p>                               | <p><b>3</b></p>   |
| <p><b>6</b><br/>Crispy Chicken Sandwich<br/>Pepperoni Pizza<br/>Spicy Chicken Salad<br/>Tortilla Chips<br/>Coleslaw<br/>Cherry Tomato<br/>Diced Peaches<br/>1% Milk</p>   | <p><b>7</b><br/>Cheeseburger on a Bun<br/>BBQ Chicken Pizza<br/>Southwest Chicken Salad<br/>Golden French Fries<br/>Cherry Tomato<br/>Mixed Canned Fruit<br/>1% Milk</p> | <p><b>8</b><br/>Corn Dog<br/>Pepperoni Pizza<br/>Buffalo Chicken Wrap<br/>Tortilla Chips<br/>Baby Carrots<br/>Pineapple Tidbits<br/>1% Milk</p>  | <p><b>9</b><br/>Chicken &amp; Cheese Quesadilla<br/>Cheese Pizza<br/>Buffalo Chicken Wrap<br/>Tortilla Chips<br/>Salsa<br/>Cherry Tomato<br/>Applesauce<br/>1% Milk</p> | <p><b>10</b><br/>Crispy Chicken Sandwich<br/>Pepperoni Pizza<br/>Buffalo Chicken Salad<br/>Potato Wedges<br/>Roasted Broccoli<br/>Fresh Grapes<br/>1% Milk</p>                        |
| <p><b>13</b><br/>Cheeseburger on a Bun<br/>Pepperoni Pizza<br/>Chef Salad<br/>Golden French Fries<br/>Baby Carrots<br/>Banana<br/>1% Milk</p>                             | <p><b>14</b><br/>Soft Beef Tacos<br/>BBQ Chicken Pizza<br/>Turkey Deli Sub Sandwich<br/>Tortilla Chips<br/>Black Beans<br/>Mixed Canned Fruit<br/>1% Milk</p>            | <p><b>15</b><br/>General Tso's Chicken<br/>Fried Rice<br/>Cheese Pizza<br/>Chef Salad<br/>Baby Carrots<br/>Romaine Lettuce<br/>Pineapple Tidbits<br/>1% Milk</p>   | <p><b>16</b><br/>Chicken Fajitas<br/>Meatlover's Pizza<br/>Turkey Deli Sub Sandwich<br/>Spiced Pinto Beans<br/>Cucumber Ranch Salad<br/>Applesauce<br/>1% Milk</p>      | <p><b>17</b><br/>Toasted Cheese Sandwich<br/>Tomato Soup<br/>Cheese Pizza<br/>Turkey Deli Sandwich<br/>California Blend Vegetable<br/>Cherry Tomato<br/>Diced Peaches<br/>1% Milk</p> |
| <p><b>20</b><br/>BBQ Pork W Cornbread<br/>Cheese Pizza<br/>Buffalo Chicken Wrap<br/>Baked Beans<br/>Red/Orange Bell Pepper<br/>Fresh Orange<br/>1% Milk</p>               | <p><b>21</b><br/>Walking Taco<br/>BBQ Chicken Pizza<br/>Buffalo Chicken Wrap<br/>Black Beans<br/>Baby Carrots<br/>Mixed Canned Fruit<br/>1% Milk</p>                     | <p><b>22</b><br/>Build Your Own Mac &amp; Cheese<br/>Whole Grain Dinner Roll<br/>Cheese Pizza<br/>Chicken Caesar Salad<br/>Roasted Corn<br/>Red/Orange Bell Pepper<br/>Pineapple Tidbits<br/>1% Milk</p> | <p><b>23</b><br/>Cheeseburger on a Bun<br/>Meat Lover's Pizza<br/>Buffalo Chicken Wrap<br/>Potato Wedges<br/>Coleslaw<br/>Applesauce<br/>1% Milk</p>                    | <p><b>24</b><br/>BBQ Pulled Pork Sandwich<br/>Pepperoni Pizza<br/>Buffalo Chicken Wrap<br/>Kettle Potato Chips<br/>Coleslaw<br/>Fresh Orange<br/>1% Milk</p>                          |
| <p><b>27</b><br/>Chicken Alfredo w/Pasta<br/>Dinner Roll<br/>Pepperoni Pizza<br/>Crispy Chicken Salad<br/>Green Beans<br/>Cherry Tomato<br/>Diced Peaches<br/>1% Milk</p> | <p><b>28</b><br/>BBQ Rib Sandwich<br/>Cheese Pizza<br/>Turkey BLT Wrap<br/>Potato Wedges<br/>Cherry Tomato<br/>Mixed Canned Fruit<br/>1% Milk</p>                        | <p><b>29</b><br/>Chicken &amp; Cheese Quesadilla<br/>Pepperoni Pizza<br/>Turkey BLT Wrap<br/>Refried Beans<br/>Baby Carrots<br/>Pineapple Tidbits<br/>1% Milk</p>  | <p><b>30</b><br/>Cheeseburger on a Bun<br/>Cheese Pizza<br/>Crispy Chicken Salad<br/>Golden French Fries<br/>Cherry Tomato<br/>Applesauce<br/>1% Milk</p>               | <p><b>31</b><br/>Crispy Chicken Sandwich<br/>Pepperoni Pizza<br/>Turkey BLT Wrap<br/>Tater Tots<br/>Romaine Lettuce<br/>Fresh Grapes<br/>1% Milk</p>                                  |

**PRICES**

|              |        |
|--------------|--------|
| Regular      | \$3.00 |
| Reduced      | \$.40  |
| Extra Entrée | \$1.50 |
| Adult Lunch  | \$4.00 |

**EXTRA INFO**

For Questions or Concerns please contact  
Cory Freeman at 740-259-2528 ext 2109 or  
cory.freeman@nwmohawks.org

**HARVEST OF**



**THE MONTH**

Menus and nutrition  
our app  
Taher Food4Life®



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