

Northwest Middle School

Fresh Fruit and Vegetables Served Daily!

March
2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>This is for Food 4 Thought</p>	<p>1</p> <p>Sausage Egg & Cheese Sandwich Honey Mustard Ham Wrap</p> <p>Potato Wedges Baby Carrots Pineapple Tidbits 1% Milk</p>	<p>2</p> <p>Beef Chili Grilled Cheese Sandwich Honey Mustard Ham Wrap</p> <p>Broccoli Florets Cucumber Slices Applesauce 1% Milk</p>	<p>3 No School</p>
<p>6</p> <p>Cheeseburger on a Bun NY Style Buffalo Chicken Dip w/ Flatbread Charcuterie Golden French Fries Cherry Tomato Diced Peaches 1% Milk</p>	<p>7</p> <p>Hot Dog W Sauce NY Style Buffalo Chicken Dip w/ Flatbread Charcuterie Baked Beans Baby Carrots Fresh Apple 1% Milk</p>	<p>8</p> <p>Choice of Nachos or Tacos Southwest Chicken Salad Cucumber Slices Cherry Tomato Pineapple Tidbits 1% Milk</p>	<p>9</p> <p>Pancakes Cheese Omelet NY Style Buffalo Chicken Dip w/ Flatbread Charcuterie Potato Wedges Cherry Tomato Applesauce 1% Milk</p>	<p>10</p> <p>Buffalo Chicken Tot Bake Garlic Toast Pepperoni Pizza Roasted Broccoli Cherry Tomato Fresh Apple 1% Milk</p>
<p>13</p> <p>Fish Sandwich with Cheese Cheeseburger on a Bun Golden French Fries Baby Carrots Banana 1% Milk</p>	<p>14</p> <p>Lasagna Rollup with Alfredo Garlic Breadstick Cold Cut Combo Sub Romaine Lettuce Baby Carrots Mixed Canned Fruit 1% Milk</p>	<p>15</p> <p>Chicken Potstickers Chicken Fried Rice Ham Deli Sandwich Cucumber Slices Baby Carrots Pineapple Tidbits 1% Milk</p>	<p>16</p> <p>Chicken & Cheese Quesadilla Crispy Chicken Sandwich Golden French Fries Baby Carrots Banana 1% Milk</p>	<p>17</p> <p>Cheese Pizza Ham Deli Sub Sandwich Fritos Red/Orange Bell Pepper Diced Pears 1% Milk</p>
<p>20</p> <p>BBQ Pulled Pork Sandwich Cheeseburger on a Bun Golden French Fries Red/Orange Bell Pepper Fresh Orange 1% Milk</p>	<p>21</p> <p>Sloppy Joe on a Bun Crispy Chicken Nuggets Whole Grain Dinner Roll Mashed Potatoes Red/Orange Bell Pepper Fresh Mixed Fruit 1% Milk</p>	<p>22</p> <p>Macaroni & Cheese Whole Grain Dinner Roll Buffalo Chicken Wrap Roasted Corn Red/Orange Bell Pepper Fresh Orange 1% Milk</p>	<p>23</p> <p>Shrimp Poppers Cheesy Garlic Toast Crispy Chicken Sandwich Golden French Fries Coleslaw Applesauce 1% Milk</p>	<p>24</p> <p>Cheese Pizza Buffalo Chicken Wrap Romaine Lettuce Red/Orange Bell Pepper Fresh Orange 1% Milk</p>
<p>27</p> <p>Cheeseburger on a Bun Turkey BLT Wrap Golden French Fries Baby Carrots Fresh Grapes 1% Milk</p>	<p>28</p> <p>BBQ Rib Sandwich Crispy Chicken Nuggets Whole Grain Dinner Roll Steamed Corn Mashed Potatoes Fresh Mixed Fruit 1% Milk</p>	<p>29</p> <p>Chicken & Cheese Quesadilla Turkey BLT Wrap Black Beans Baby Carrots Pineapple Tidbits 1% Milk</p>	<p>30</p> <p>Pasta with Meatballs & Sauce Rip Stick Breadstick Crispy Chicken Sandwich Romaine Lettuce Cherry Tomato Applesauce 1% Milk</p>	<p>31</p> <p>Cheese Pizza Turkey BLT Wrap Golden French Fries Cherry Tomato Diced Pears 1% Milk</p>

PRICES

Regular Lunch	\$3.00
Reduced Lunch	\$.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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