



# Northwest Elementary Lunch

October  
2021

Fresh Fruits and Vegetables Served Daily!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	This is for Food 4 Thought			<p>1</p> <p>Cheese Pizza</p> <p>Kettle Potato Chips Celery Sticks Fruit 1% Milk</p>
<p>4</p> <p>Corn Dog</p> <p>Baked Beans Cauliflower Floret Fruit 1% Milk</p>	<p>5</p> <p>BBQ Chicken Sandwich</p> <p>Tater Tots Broccoli Florets Canned Fruit Bar 1% Milk</p>	<p>6</p> <p>Chicken Fajitas</p> <p>Mixed Vegetables Refried Beans Fruit 1% Milk</p>	<p>7</p> <p>Cheese Bosco Stick</p> <p>Romaine Mix Salad Steamed Corn Fruit 1% Milk</p>	<p>8</p> <p>No School</p>
<p>11</p> <p>Fish Nuggets</p> <p>Golden French Fries Red Peppers Fruit 1% Milk</p>	<p>12</p> <p>Cheese Pizza</p> <p>Romaine Mix Salad Green Pepper Slices Fruit 1% Milk</p>	<p>13</p> <p>Sloppy Joe on a Bun</p> <p>Baked Beans Broccoli Florets Fruit 1% Milk</p>	<p>14</p> <p>Chicken Bites with Sweet and Sour Sauce</p> <p>Brown Rice Baby Carrots Fruit 1% Milk</p>	<p>15</p> <p>Cheeseburger on Bun</p> <p>Pickle Slice Green Beans Fruit 1% Milk</p>
<p>18</p> <p>Ham Deli Sandwich</p> <p>Baby Carrots Steamed Peas Fruit 1% Milk</p>	<p>19</p> <p>Hotdog on Whole Grain Bun</p> <p>California Blend Vegetable Cucumber Ranch Salad Fruit 1% Milk</p>	<p>20</p> <p>Crispy Chicken Nuggets Whole Grain Dinner Roll</p> <p>Golden French Fries Broccoli Florets Fruit 1% Milk</p>	<p>21</p> <p>Soft Beef Tacos</p> <p>Romaine Lettuce Cherry Tomato Black Beans Fruit 1% Milk</p>	<p>22</p> <p>Cheese Pizza</p> <p>Steamed Corn Red Peppers Fruit 1% Milk</p>
<p>25</p> <p>Hamburger on a Bun</p> <p>Golden French Fries Celery Sticks Fruit 1% Milk</p>	<p>26</p> <p>Ham Wrap Munchable</p> <p>Roasted Broccoli Baby Carrots Fruit 1% Milk</p>	<p>27</p> <p>BBQ Pulled Pork Sandwich</p> <p>Baked Beans Cherry Tomato Fruit 1% Milk</p>	<p>28</p> <p>Crispy Chicken Tenders Whole Grain Dinner Roll</p> <p>Mashed Potatoes Steamed Corn Fruit 1% Milk</p>	<p>29</p> <p>Cheese Pizza</p> <p>Steamed Corn Romaine Mix Salad Fruit 1% Milk</p>

<b>PRICES</b>	Regular	Free
	Extra Entrée	\$1.50
	Adult Lunch	\$3.65
<b>EXTRA INFO</b>	For questions or concerns please contact Cory Freeman at 740-259-2528 ext 2109 or cory.freeman@nwmohawks.org Thank You!	



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