

Northwest Local Middle School Lunch

October
2024

Fresh Fruits and Vegetables Served Daily!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>30</p> <p>This is for Food 4 Thought</p>	<p>1</p> <p>Choice of Tacos or Nachos Chicken Fajitas</p> <p>Spiced Pinto Beans Cucumber Slices Lettuce, Tomato and Cheese Fresh Fruit Choice of Milk Rice Krispie Treat</p>	<p>2</p> <p>Meatloaf Crispy Chicken Nuggets</p> <p>Whole Grain Dinner Roll Mashed Potatoes Gravy Steamed Green Beans Fresh fruit Choice of Milk</p>	<p>3</p> <p>Chicken Potstickers Chicken Fried Rice BBQ Rib Sandwich</p> <p>Kung Fu Carrots Cucumber Ranch Salad Fresh Fruit Choice of Milk</p>	<p>4</p> <p>Whole Hog Roast BBQ Chicken Drumstick</p> <p>Dinner Roll Side Salad Herb Roasted Potatoes Fresh Fruit Bar 1% Low Fat Chocolate Milk</p>
<p>7</p> <p>Macaroni & Cheese Crispy Chicken Nuggets</p> <p>Whole Grain Dinner Roll Tator Tots Collard Greens Baby Carrots Fresh Fruit Choice of Milk</p>	<p>8</p> <p>Choice of Taco or Nacho Chicken Fajitas</p> <p>Black Beans Cherry Tomato Lettuce, Tomato and Cheese Fresh Fruit 1% Unflavored Milk</p>	<p>9</p> <p>Cheese Pizza Italian Toasted Cheese Sand with Marinara Marinara Sauce</p> <p>Romaine Lettuce Baby Carrots Fresh Fruit 1% Unflavored Milk</p>	<p>10 HOM - Apples & Cinnamon</p>	<p>11</p>
<p>14</p> <p>Philly Flatbread Crispy Chicken Tenders Whole Grain Dinner Roll</p> <p>Mashed Potatoes Cucumber Ranch Salad Fresh Fruit Choice of Milk</p>	<p>15</p> <p>Choice of Tacos or Nachos Southwest Chicken Salad</p> <p>Black Beans Baby Carrots Lettuce, Tomato and Cheese Fresh Fruit 1% Unflavored Milk</p>	<p>16</p> <p>Crispy Chicken Sandwich NY Style Buffalo Chicken Dip w/ Flatbread Charcuterie</p> <p>Kettle Potato Chips Celery Sticks Fresh Fruit Choice of Milk</p>	<p>17</p> <p>United Tastes of America! BBQ Chicken Legs Cheeseburger on a Bun</p> <p>Potato Wedges Baked Beans, Vegetarian Coleslaw Fresh Fruit Choice of Milk</p>	<p>18</p> <p>Pasta with Meat Sauce Garlic Toast Max Stix</p> <p>Romaine Lettuce Cherry Tomato Fresh Fruit Choice of Milk</p>
<p>21</p> <p>Hot Dog w/ Sauce Turkey Deli Sandwich</p> <p>Sun Chips Baby Carrots Fresh Fruit Choice of Milk</p>	<p>22</p> <p>Lasagna Rollup with Sauce Garlic Toast Chef Salad</p> <p>Romaine Lettuce Cucumber Ranch Salad Fresh Fruit Choice of Milk</p>	<p>23</p> <p>Chicken Potstickers Chicken Fried Rice Crispy Chicken Sandwich</p> <p>Kung Fu Carrots Broccoli Florets Fresh Fruit Choice of Milk</p>	<p>24</p> <p>Soft Beef Tacos Lettuce, Tomato and Cheese Turkey Deli Sub Sandwich</p> <p>Tortilla Chips Salsa Fresh Fruit Choice of Milk</p>	<p>25 HOM - Kale</p> <p>Toasted Cheese Sandwich Sun Chips Tomato Soup Cheese Bosco Stick</p> <p>California Blend Vegetable Kale Salad Fresh Fruit Choice of Milk</p>
<p>28</p> <p>Grilled Cheese Sandwich Chili con Carne - Ground Beef - 1/4c Buffalo Chicken Wrap</p> <p>Potato Wedges Cauliflower Floret Fresh Fruit Choice of Milk</p>	<p>29</p> <p>Choice of Tacos or Nachos Chicken Fajitas</p> <p>Black Beans Cauliflower Floret Mixed Fruit Fresh Fruit 1% Unflavored Milk</p>	<p>30</p> <p>Chicken Bacon Ranch Melt Corn Dog</p> <p>Sweet Potato Tots Cucumber Ranch Salad Fresh Fruit Choice of Milk</p>	<p>31</p> <p>Cheeseburger on a Bun Crispy Chicken Sandwich</p> <p>Roasted Carrots Pickle Slice Fresh Fruit Choice of Milk</p>	<p>1</p>

PRICES

Regular Lunch	Free
Extra Entree	\$1.50
Adult Lunch	\$4.00

EXTRA INFO

For Questions or Concerns Please Contact
Cory Freeman at
cory.freeman@nwmohawks.org or 740-259-
2528 ext 2103 Thank You!

HARVEST OF



THE MONTH

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Taher Food4Life®



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