

Northwest Middle School Lunch

Fresh Fruits and Vegetables Served Daily!

October
2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		29	30	1
This is for Food 4 Thought				Cheese Bosco Stick Marinara Sauce Beef Burrito Steamed Corn Romaine Mix Salad Fruit 1% Milk
4	5	6	7	8
Beef Chili Grilled Cheese or Peanut Butter Sandwich Pizza Munchable Baby Carrots Celery Sticks Fruit	Chicken Bacon Ranch Melt Chef Salad Broccoli Florets Romaine Mix Salad Fruit 1% Milk	Crispy Chicken Nuggets Baked Ham Whole Grain Dinner Roll Mashed Potatoes Gravy Fruit 1% Milk	Cheese Pizza Pizza Burger Melt Steamed Corn Red Peppers Baby Carrots Fruit 1% Milk	No School
11	12	13	14	15
Cheeseburger on Bun BBQ Rib Sandwich Golden French Fries Romaine Lettuce Tomato Slices Fruit 1% Milk	Cheese Bread Italian Sub Romaine Mix Salad Cherry Tomato Fruit 1% Milk	Soft Beef Tacos Chicken Fajitas Black Beans Lettuce, Tomato and Cheese Salsa Fruit 1% Milk	Popcorn Chicken Meatloaf Whole Grain Dinner Roll Mashed Potatoes Gravy Steamed Corn Canned Fruit Bar	Macaroni & Cheese Hot Dog w/ Sauce California Blend Vegetable Romaine Mix Salad Fruit 1% Milk
18	19	20	21	22
Crispy Chicken Sandwich Potato Crusted Fish Sandwich Golden French Fries Romaine Lettuce Fruit 1% Milk	Meatballs and Gravy Pork Patty Mashed Potatoes Gravy Green Beans Fruit 1% Milk	Chicken Stew Biscuit BBQ Pulled Pork Sandwich Cheese Stick Steamed Peas Fruit 1% Milk	Pepperoni Pizza Grilled Ham & Cheese Sandwich Romaine Mix Salad Red Peppers Fruit 1% Milk	Sloppy Joe on a Bun Ravioli with Meat Sauce Garlic Toast Potato Oles Tomato & Cucumber Salad Fruit 1% Milk
25	26	27	28	29
Crispy Chicken Tenders Whole Grain Dinner Roll Spaghetti w/ Meatsauce Garlic Breadstick Green Beans Romaine Mix Salad Fruit	Chicken Legs Beef Burrito Baked Potato Halves Romaine Lettuce Fruit 1% Milk	French Bread Pizza Chicken & Cheese Quesadilla Romaine Mix Salad Baby Carrots Fruit 1% Milk	Beef Taco Salad Italian Sub Black Beans Romaine Lettuce Salsa Fruit	Hamburger on a Bun Crispy Chicken Sandwich Golden French Fries Romaine Mix Salad Fruit 1% Milk

INFORMATION

Regular Free
 Extra Entree \$1.50
 Adult Lunch \$3.65

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

All the menu information on
 our app TaHer Food4Life®



www.taHer.com

Menus are subject to change without notice.