

# NORTHERN FREEZE

## September 2019 Menu

Breakfast \$2.30 - Lunch - Elementary \$2.70 High School \$2.95

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2  <b>NO SCHOOL</b>	3 <b>Breakfast:</b> Yogurt parfait, toast, juice <b>Lunch:</b> Hot dogs, baked beans, chips, fruit	4 <b>Breakfast:</b> Cereal, fruit, juice <b>Lunch:</b> French toast, sausage links, fruit	5 <b>Breakfast:</b> Eggs, toast, fruit, juice <b>Lunch:</b> BBQs, chips, baked beans	6 <b>Breakfast:</b> Breakfast wrap, fruit, juice <b>Lunch:</b> Pizza, corn, fruit
9 <b>Breakfast:</b> Mini doughnuts, fruit, juice <b>Lunch:</b> BBQ Chicken, rice, dinner roll, fruit	10 <b>Breakfast:</b> Yogurt parfait, toast, juice <b>Lunch:</b> Taco in a bag, refried beans, fruit	11 <b>Breakfast:</b> Cereal, fruit, juice <b>Lunch:</b> Turkey tidbits, mashed potatoes, corn, dinner roll, fruit	12 <b>Breakfast:</b> Eggs, toast, juice <b>Lunch:</b> Tatertot hotdish, green beans, dinner roll, fruit	13 <b>Breakfast:</b> Egg sandwich, fruit, juice <b>Lunch:</b> Crisпитos, carrot sticks, fruit
16 <b>Breakfast:</b> Biscuits, gravy, fruit <b>Lunch:</b> Pizza, corn, fruit	17 <b>Breakfast:</b> Yogurt parfait, toast, juice <b>Lunch:</b> Chicken tacos, cowboy salsa, fruit	18 <b>Breakfast:</b> Cereal, fruit, juice <b>Lunch:</b> Hamburger gravy, mashed potatoes, dinner roll, fruit	19 <b>Breakfast:</b> Egg, toast, juice <b>Lunch:</b> Spagetti hotdish, garlic sticks, corn, fruit	20 <b>Breakfast:</b> Breakfast burrito, fruit, juice <b>Lunch:</b> Dunkers, manaria sauce, green beans, fruit
23 <b>Breakfast:</b> Breakfast pizza, fruit, juice <b>Lunch:</b> Orange chicken, rice, cooked broccoli, fruit	24 <b>Breakfast:</b> Yogurt parfait, toast, juice <b>Lunch:</b> Hardshell tacos, refried beans, fruit	25 <b>Breakfast:</b> Cereal, fruit, juice <b>Lunch:</b> Chicken legs, mashed potatoes, gravy, cream corn, dinner roll, fruit	26 <b>Breakfast:</b> Egg, toast, juice <b>Lunch:</b> Chicken pot pie, biscuits, cooked carrots, fruit	27 <b>Breakfast:</b> Breakfast wrap, fruit, juice <b>Lunch:</b> Soup and sandwiches carrot sticks, fruit
30 <b>Breakfast:</b> Turkey bacon bagel, fruit, juice <b>Lunch:</b> Chicken patty, crispy rounds, carrot sticks, fruit	<p><i>"This institution is an Opportunity Provider"</i></p>			

*Menu is subject to change  
Salad bar daily starting second week  
All breakfast served with juice & milk  
Lactose Milk Alternative upon request  
All meals served with fruit*