

March 2021

North Cedar Jr/Sr High

LUNCH

Weekly Specialty Options:

March 1-5: Sub Sandwich, Chef Salad

March 8-12: Turkey Club Wrap, Chef Salad

March 15-19: Knight Bites, Yogurt Parfait, Chef Salad

March 22-26: Italian Flatbread, Chef Salad

March 29-31: Knight Bites, Chef Salad



North Cedar School Nutrition continues to provide FREE breakfast and lunch meals to ALL children regardless of income for the 2020-2021 school year.



Monday

Chicken Club or BBQ
Chicken on WG Bun
Oven Fries, K, M, BBQ, Pickle
Applesauce, Pineapple
Fruit of Choice
Milk of Choice

1

Tuesday

Chicken Alfredo
Breadstick
Broccoli, Parmesan Cheese
Applesauce, Sidekick Slushie
Fruit of Choice
Milk of Choice

2

Wednesday

Breaded Pork Chop
Mashed Potatoes, Gravy
Corn, B&B Sandwich, K, M, BBQ
Applesauce, Peaches
Fruit of Choice
Milk of Choice

3

Thursday

Crispito
Spanish Rice
Shredded Cheese or Cheese
Sauce, Salsa, Sour Cream
Applesauce, 2 Fruits of Choice
Milk of Choice

4

Friday

No School

5

Hot Dog, or Cheddarwurst
on WG Bun, Chili, Shredded
Cheese, Oven Fries, Cheese
Sauce, K, M
Applesauce, Mandarin Oranges
Fruit of Choice, Milk of Choice

8

Chicken Fajita on
Tortilla, Black beans
Grilled Peppers & Onions
Salsa, Sour Cream, Shredded
Cheese, Applesauce, Pears
Fruit of Choice, Milk of Choice

9

Sloppy Joes on WG
Bun, WG Chips, Carrots
K, M, Pickle
Applesauce, Pineapple
Fruit of Choice
Milk of Choice

10

Popcorn Chicken
Mashed Potatoes
Gravy, Corn, WG Roll
K, M, BBQ, Honey Mustard
Applesauce Peaches
Fruit of Choice, Milk of Choice

11

Macaroni and Cheese
Cocktail Smokies
Peas, K, M, BBQ
Applesauce, 2 Fruits of Choice
Milk of Choice

12

Orange Chicken
WG Roll, Brown Rice
Broccoli, Fortune Cookie
Applesauce, Pineapple
Fruit of Choice
Milk of Choice

15

Hot Ham & Cheese or
Meatball Sub on WG
Bun, Chips, Peas, K, M, Pickle
Applesauce, Mandarin Oranges
Fruit of Choice
Milk of Choice

16

Totally Tacos, Chicken
or Cheese Quesadillas
Spanish Rice, Salsa, Sour Cream
Applesauce, Pears
Fruit of Choice
Milk of Choice

17

French Toast Sticks
Omelet, Sausage Links
Hash Brown Patty, K, Syrup
Applesauce, 100% Juice
Strawberries & Bananas
Fruit of Choice

18

Grilled Cheese
Tomato Soup
Saltine Crackers, Goldfish, K
Crackers, Applesauce, 2 Fruits
Choice, Milk of Choice

19

BBQ Rib or Chicken
Club on WG Bun
Baked Beans, Chips
K, M, BBQ, Mayo, Pickle
Peaches, Fruit of Choice
Milk of Choice

22

Beef Nachos or Soft
Shell Taco, Shredded
Cheese or Cheese Sauce, Salsa
Sour Cream, Applesauce
Pineapple
Fruit of Choice, Milk of Choice

23

Chicken Patty on WG
Bun, WG Chips, K, M
BBQ, Honey Mustard
Applesauce, Pears
Fruit of Choice
Milk of Choice

24

Lasagna
Breadstick
Broccoli, Parmesan Cheese
Applesauce, Tropical Fruit
Fruit of Choice, Milk of Choice

25

Pizza
Broccoli Normandy
Applesauce, Sidekick Slushie
Fruit of Choice
Milk of Choice

26

Burgers on WG Bun
Bacon, Sliced Cheese
Tater Tots
K, M, Pickle, Mayo
Applesauce, Pears
Fruit of Choice, Milk of Choice

29

Homemade Chili,
Broccoli Cheese or
Chicken Noodle Soup
Cinnamon Roll, Saltine Cracker
Applesauce, Peaches
Fruit of Choice, Milk of Choice

30

Chicken Nuggets
WG Chips
K, M, BBQ, Honey Mustard
Applesauce, Pineapple
Fruit of Choice, Milk of Choice

31

