

OCTOBER 2021

North Cedar Jr/Sr High Lunch Menu

LUNCH



Weekly Specialty Options for all students:

- Oct 1: Knight Bites, Chef Salad
- Oct 4-8: Turkey Bacon Wrap, Chef Salad
- Oct 11-14: Italian Flatbread, Chef Salad
- Oct 18-22: Yogurt Parfait, Chef Salad
- Oct 25-29: Sub Sandwich, Chef Salad



October is National Apple Month. Did you know that there are about 7,500 varieties of apples? Can you find a new variety of apple to try this month?



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Grill out: Hamburger, Cheddarwurst, or Hot Dog **1**
on WG Bun, Cheese Slice, K, M Pickle, Onion, Baked Beans, Chips Applesauce, 2 Fruits of Choice Vegetable Bar, Milk of Choice

Hot Ham & Cheese or Meatball Sub, Peas Chips, K, M, Pickle Applesauce, Peaches Fruit of Choice, Vegetable Bar Milk of Choice **4**

Pork Carnitas on Tortilla Fiesta Beans, Salsa **5**
Sour Cream, Shredded Cheese Shredded Lettuce, Fruit of Choice Applesauce, Pineapple Vegetable Bar, Milk of Choice

French Bread Pizza-Pepperoni Cheese, or Sausage **6**
Broccoli, Applesauce Sidekick Slushie Fruit of Choice, Vegetable Bar Milk of Choice

Cavatelli Breadstick **7**
Green Beans, Parmesan Cheese Applesauce, Tropical Fruit Fruit of Choice, Vegetable Bar Milk of Choice

Chicken Patty on WG Bun Oven Fries, K, M, BBQ Honey Mustard Applesauce 2 Fruits of Choice Vegetable Bar, Milk of Choice **8**

Sloppy Joes on WG Bun Tater Tots, Carrots, K, M Pickle, Onion **11**
Applesauce, Mandarin Oranges Fruit of Choice, Vegetable Bar Milk of Choice

Taquitos **12**
Spanish Rice Salsa, Sour Cream, Cheese Sauce or Shredded Cheese, Applesauce Mandarin Oranges, Fruit of Choice Vegetable Bar, Milk of Choice

Chicken Drumstick **13**
Mashed Potatoes, Gravy Corn, Butter Pat, WG Roll K, BBQ Applesauce, Pears, Fruit of Choice Vegetable Bar, Milk of Choice

Corn Dog or Cheddarwurst on WG Bun, K,M **14**
Baked Beans, Chips Applesauce, 2 Fruits of Choice Vegetable Bar Milk of Choice

No School **15**

Walking Tacos w/ Doritos Refried Beans, Salsa, Sour Cream, Shredded lettuce and Shredded Cheese, Applesauce Sidekick Slushie, Fruit of Choice Vegetable Bar, Milk of Choice **18**

Chicken Nuggets **19**
Oven Fries K, M, BBQ, Honey Mustard Applesauce, Peaches Fruit of Choice, Vegetable Bar Milk of Choice

BBQ Rib on WG Bun **20**
Baked Beans, Chips K, M, BBQ, Pickle Applesauce, Fruit Cocktail Fruit of Choice, Vegetable Bar Milk of Choice

Homemade Chili **21**
Homemade Chicken Noodle Soup WG Cinnamon Roll, Saltine Crackers, Applesauce, Pears Fruit of Choice, Vegetable Bar Milk of Choice

Pizza-Pepperoni, Cheese, or Sausage **22**
Broccoli Normandy Applesauce, 2 Fruits of Choice Vegetable Bar Milk of Choice

No School **25**

Totally Tacos or Quesadilla **26**
Spanish Rice, Salsa, Sour Cream Applesauce, Mandarin Oranges Fruit of Choice Vegetable Bar Milk of Choice

Chicken Strips **27**
Baked Beans, Chips K, M, BBQ, Honey Mustard Applesauce, Pears Fruit of Choice, Vegetable Bar Milk of Choice

French Toast Sticks **28**
Sausage Links, Omelet Hash Brown Patty, Syrup, K, Salsa Applesauce, 100% Juice, Strawberries & Bananas, Vegetable Bar, Milk of Choice

Chicken Bacon Club or BBQ Chicken on WG Bun **29**
Sweet Potatoes, Chips K, M, Pickle, Onion, BBQ Applesauce, 2 Fruits of Choice Vegetable Bar, Milk of Choice