

North Cedar Jr/Sr High Lunch Menu

All students will have the daily option of Sun Butter & Jelly

Weekly Specialty Entrée:

Sept 1-3: Taco Salad, Sub Sandwich, Yogurt Parfait
 Sept 8-11: Cobb Salad, Knight Bites, Yogurt Parfait
 Sept 14-17: Taco Salad, Turkey Bacon Wrap, Yogurt
 Sept 21-24: Chef Salad, Italian Flatbread, Parfait
 Sept 28-30: Crispy Chicken Salad, Knight Bites, Parfait

Monday

Tuesday

Wednesday

Thursday

Friday

No School

Chicken Strips
 Parsley Potatoes
 Peas, Cheez-Its
 Applesauce, Tropical Fruit
 Fresh Fruit of Choice
 Fresh Veggies
 Milk of Choice

No School

Chicken Patty on Bun
 Carrots, Chips
 Pickle, Onion
 Applesauce, Fruit Cocktail
 Fresh Fruit of Choice
 Fresh Veggies
 Milk of Choice

Hot Ham & Cheese
 Sandwich or Meatball Sub
 on WG Bun, Green Beans
 Applesauce, Gelatin Cup
 Fresh Fruit of Choice
 Fresh Veggies
 Milk of Choice

Chicken Nuggets
 Oven Fries
 Scooby Graham
 Applesauce, Pears
 Fresh Fruit of Choice
 Fresh Veggies
 Milk of Choice

French Toast Sticks
 Omelet
 Hash Brown Patty
 Applesauce, 100% Juice
 Bananas and Strawberries
 Fresh Veggies
 Milk of Choice

Crispito
 Spanish Rice, Cheese Sauce
 Salsa, Sour Cream
 Churro, Applesauce
 Pears, Fresh Fruit of Choice
 Fresh Veggies
 Milk of Choice

Walking Beef Taco
 w/ WG Doritos or Soft Shell
 Refried Beans, Salsa, Sour Cream
 Shredded Cheese & Lettuce
 Jalapeno Corn, Guacamole, Queso
 Applesauce
 Pears, Fresh Fruit of Choice
 Fresh Veggies, Milk of Choice

Sloppy Joe on WG Bun
 Tater Tots
 Pickle, Onion
 Applesauce, Mandarin Orange
 Fresh Fruit of Choice
 Fresh Veggies
 Milk of Choice

Chicken Alfredo
 Garlic Bread
 Broccoli, Parmesan Cheese
 Applesauce, Fruit Cocktail
 Fresh Fruit of Choice
 Fresh Veggie
 Milk of Choice

French Dip on Hoagie
 Oven Fries, Cheese Sauce
 Applesauce
 Pears
 Fresh Fruit of Choice
 Fresh Veggies
 Milk of Choice

Spaghetti
 Cheese Breadstick
 Green Beans, Parmesan
 Applesauce, Sidekick Slushie
 Fresh Fruit of Choice
 Fresh Veggies
 Milk of Choice

Bone-In Wings
 Onion Rings
 Brownie
 Applesauce, Mandarin
 Oranges, Fresh Fruit of Choice,
 Fresh Veggies
 Milk of Choice

Chicken Drumstick
 Mashed Potatoes, Gravy
 Corn, Biscuit
 Applesauce, Peaches
 Fresh Fruit of Choice
 Fresh Veggies
 Milk of Choice

Beef Nacho in Bag
 Refried Beans, Shredded Lettuce and
 Cheese, Salsa, Sour Cream
 Jalapeno Corn, Queso, Guacamole
 Applesauce, Mandarin
 Oranges, Fresh Fruit of Choice,
 Fresh Veggies, Milk

Breaded Pork Chop
 Mashed Potatoes, Gravy, Corn, B&B
 Sandwich
 Applesauce, Peaches
 Fresh Fruit of Choice
 Fresh Veggies
 Milk of Choice

Popcorn Chicken
 Oven Fries, Cookie
 Applesauce
 Mandarin Oranges
 Fresh Fruit of Choice
 Fresh Veggies
 Milk of Choice

Corn Dog or
 Cheddarwurst on WG Bun
 Baked Beans, Chips
 Applesauce
 2 Fruits of Choice
 Fresh Veggies
 Milk of Choice

BBQ Rib or BBQ Chicken
 on WG Bun
 Carrots, Chips
 Onion, Pickle
 Applesauce
 2 Fruits of Choice
 Fresh Veggies, Milk of Choice

Pepperoni or Cheese
 Pizza, Broccoli w/ Cheese
 Sherbet or Ice Cream Cup
 Applesauce
 2 Fruits of Choice
 Fresh Veggies
 Milk of Choice

Hamburger on WG Bun
 Baked Beans, Chips, LTO
 Sliced Cheese
 Applesauce, Mandarin
 Oranges, Fresh Fruit of Choice,
 Fresh Veggies
 Milk of Choice