



2  
 3  
 Roasted Chicken **or**  
 BBQ Chicken  
 Mashed Potato  
 Roasted Zucchini  
 Whole Wheat Dinner  
 Roll  
 Mixed Fruit

4  
 Hamburger **or**  
 Cheeseburger on a  
 Whole grain roll  
 Baked French Fries  
 Vegetarian Baked  
 Beans  
 Applesauce

5  
 Baked Ziti with whole  
 grain pasta  
 Sautéed spinach  
 Cucumber salad  
 Garlic bread  
 Strawberries

6  
**Brunch for lunch**  
 Homemade French toast  
 Scrambled eggs  
 Hash Brown  
 Baby carrots  
 Fresh Apple

**North Salem  
 Middle/High School**

9  
**Chicken Fried Rice**  
 Chicken tossed in an  
 Asian sauce Egg Fried  
 Rice  
 Steamed Broccoli  
 Cucumber Salad  
 Fresh Banana

10 **New**  
**Ranchero Wrap**  
 Diced chicken, diced  
 tomatoes, black beans,  
 lettuce, cheddar cheese  
 and chipotle ranch  
 Baked French Fries  
 Chick Pea Salad  
 Fresh Apple

11  
 Cheese Ravioli  
 With marinara sauce  
 Sautéed Spinach  
 Red Pepper Strips  
 Garlic bread  
 Fresh Cantaloupe

12  
 Homemade Turkey  
 Meatloaf  
 Mashed sweet  
 potatoes  
 Steamed Green  
 Beans  
 Whole grain roll  
 Fresh Apple

13  
 Chicken Fajitas  
 Seasoned Chicken  
 strips with peppers  
 and onions  
 Spanish rice  
 Refried Beans  
 Celery Sticks  
 Fresh Oranges

**All Lunches  
 Must Include**  
 Choice of:  
 Fruit, 100% Juices And /or  
 Vegetables  
**And May Include:**  
 Skim, 1% Low Fat Milk, or Skim  
 Chocolate Milk  
**\*Hormone Free\***  
**\*No High Fructose Corn Syrup\***

16 **New**  
**Chicken Taco**  
 Diced seasoned  
 chicken  
 Yellow pineapple salsa  
 Taco shell, lettuce  
 Cilantro & lime rice  
 Steamed Corn  
 Black bean salad  
 Fresh Apple

17   
**Philly Cheesesteak**  
 Steak with peppers and  
 cheese on a whole  
 grain club roll  
 Baked French Fries  
 Roasted Carrots  
 Fresh Pineapple

18  
**Nacho Platter**  
 Seasoned Beef, cheese  
 & salsa and guacamole  
 Brown rice  
 Steamed corn  
 Black beans  
 Pears

19  
**Chicken Lo Mein**  
 Chicken with an Asian  
 sauce served over Lo  
 Mein noodles  
 Mixed vegetables  
 Cucumber Slices  
 Fresh Banana

20  
**Pulled Pork**  
 Pulled pork on a  
 whole grain roll  
 Homemade Coleslaw  
 Roasted Brussel  
 Sprouts  
 Strawberries

**Available Daily**  
 Pizza and or Chicken Entrée  
**Entrée Salad**  
 Salad, Protein & Fruit Choice  
**Deli Station**  
 Assorted Boars Head Meats,  
 Cheeses & Toppings served on  
 Whole Grain bread, rolls and  
 wraps

23  
**Quesadilla's**  
 Chicken and cheese or  
 cheese  
 Seasoned Brown rice  
 Steamed corn  
 Black bean salad  
 Mixed fruit

24  
 Meatball Parmesan on  
 a whole grain roll **or**  
 Spaghetti with marinara  
 sauce or meat sauce  
 Roasted Broccoli  
 Red pepper strips  
 Garlic Bread  
 Fresh Orange

25  
**National Waffle Day**  
 Chicken Tenders and  
 waffles with a Sriracha  
 honey  
 Hash Browns  
 Baby Carrots  
 Fresh Apple

26  
**Taco Thursday**  
 Seasoned Beef, Soft  
 & Hard shells,  
 cheese and salsa  
 Brown Rice  
 Steamed Corn  
 Black Bean Salad  
 Mixed Fruit

27  
 Homemade Macaroni  
 and cheese w/  
 Whole grain pasta  
 Roasted Butternut  
 Squash  
 Steamed Cauliflower  
 Fresh Orange

30  
**Ranch Chicken  
 BLT**  
 Chicken on a whole  
 grain roll with  
 bacon, lettuce and  
 tomato  
 Roasted Carrots  
 Sautéed Zucchini  
 Fresh Banana

31  
 Whole Grain Pasta  
 Plain, marinara or meat  
 sauce  
 Sautéed Green Beans  
 Garbanzo Beans  
 Mixed Berries

**Student Breakfast: \$1.55**  
**Student Lunch: \$3.00**  
**Adult Lunch: \$3.91 + tax**

**Food Allergy  
 IF YOU HAVE FOOD  
 ALLERGIES,  
 PLEASE SPEAK TO  
 THE MANAGER  
 CHEF OR SERVER**