

Paid Lunch \$2.80
 Reduced Lunch \$.40
 Milk \$.45

Northgate MS/HS SEPTEMBER 2019

Our menus are aligned with
 the USDA's "Healthier US
 School Challenge"

<p>2</p> <p>NO SCHOOL</p>	<p>3</p> <p>Chicken Parmesan With Pasta Green Beans Super Salad Carrots & Cucumbers Chicken BLT Salad Tuna Salad Pizza Crunchers Power Packs Juice</p>	<p>4</p> <p>Bacon, Egg & Cheese Burrito & Sausage Hash Brown Fresh Broccoli Baby Carrots Celery Southwest Chicken Salad Steak Salad Bosco Sticks Power Packs</p>	<p>5</p> <p>Chicken Tenders w/Roll Mashed Potatoes Super Salad Carrot Sticks Fresh Broccoli Buffalo Chicken Wrap Chicken Bacon Ranch Pizza Power Packs Juice</p>	<p>6</p> <p>Nacho Bar Refried Beans Corn Fresh Broccoli Baby Carrots Super Salad Popcorn Chicken Salad Buffalo Chicken Pizza Fish Sandwich Power Packs</p>
<p>9</p> <p>Chicken & Waffles Super Salad Carrot Sticks Chicken Caesar Salad Taco Salad Sausage Pizza Power Packs</p>	<p>10</p> <p>Mini Corn Dog Mashed Potatoes Coleslaw Super Salad Cherry Tomatoes Cucumbers Chicken BLT Salad Tuna Salad Pizza Crunchers Juice Power Packs</p>	<p>11</p> <p>Mac & Cheese Super Salad Stewed Tomatoes Carrot & Celery Sticks Hummus Southwest Chicken Salad Buffalo Chicken Dip Bosco Power Packs</p>	<p>12</p> <p>Pierogis Peas Super Salad Carrot Sticks Cucumbers Celery Buffalo Chicken Wrap Chicken Bacon Ranch Pizza Juice Power Packs</p>	<p>13</p> <p>NO LUNCH EARLY DISMISSAL</p>
<p>16</p> <p>Chicken & Cheese Quesadilla Green Beans Super Salad Cucumbers Cherry Tomatoes Chicken Caesar Salad Taco Salad Meat Lovers Pizza Power Packs</p>	<p>17</p> <p>Top & Go Tacos Refried Beans Corn Super Salad Cucumbers & Celery Cherry Tomatoes Chicken BLT Salad Tuna Salad Pizza Crunchers Juice Power Packs</p>	<p>18</p> <p>Stromboli Super Salad Cherry Tomatoes Cauliflower Southwest Chicken Salad Steak Salad Bosco Sticks Power Packs</p>	<p>19</p> <p>Beef Teriyaki Dunkers Rice Steamed Broccoli Super Salad Cucumbers Carrots Buffalo Chicken Wrap Chicken Bacon Ranch Pizza Juice Power Packs</p>	<p>20</p> <p>Pasta With Meat Sauce Goldfish Broccoli Carrot Sticks Cucumbers Popcorn Chicken Salad Buffalo Chicken Pizza Fish Sandwich Power Packs</p>
<p>23</p> <p>Beef Hot Dog Bar Coleslaw Baked Beans Broccoli Cherry Tomatoes Chicken Caesar Salad Taco Salad Sausage Pizza Power Packs</p>	<p>24</p> <p>Meat & Cheese Burrito Bar Refried Beans Corn Super Salad Carrot & Cucumbers Chicken BLT Salad Tuna Salad Pizza Crunchers Juice Power Packs</p>	<p>25</p> <p>Top Your Own Burger Bacon & Ranch Or Cheese & Bacon, Or Pizza Burger Fries Super Salad Carrots & Cucumbers Buffalo Chicken Dip Bosco Sticks Power Packs</p>	<p>26</p> <p>Breakfast For Lunch Hash Brown Super Salad Carrots Cucumbers Buffalo Chicken Wrap Chicken Bacon Ranch Pizza Juice Power Packs</p>	<p>27</p> <p>Chicken Sticks Fries Peas Super Salad Celery Sticks Carrots Hummus Popcorn Chicken Salad Buffalo Chicken Pizza Fish Sandwich Power Packs</p>
<p>30</p> <p>General Tso Chicken Rice Steamed Broccoli Baby Carrots Celery Sticks Cucumbers Chicken Caesar Salad Taco Salad Meat Lovers Pizza Power Packs</p>		<p>Power Packs Include: Hard Boiled Egg, Cheese Stick, B-fast Bar, & Rice Krispy Available on Pizza Line Every Day</p>	<p>Variety of Fresh and Canned Fruit & Low Fat Or Fat Free Milk Available Daily</p>	<p>AN OFFER VS SERVE MEAL REQUIRES: Selection of at least 3 of the 5 offered components Meat/Meat Alternative, Grain, Veggie, Fruit & Milk ONE OF THE SELECTIONS MUST BE A FRUIT OR VEGGIE</p>

Our **Salad/Deli Bar** will feature rotating Vegetables and Fruit, along with Meat and Cheese Options.



Cheese Pizza
 Pepperoni Pizza



EVERYDAY CHOICES
 Breaded Chicken Patty Sandwich
 Hot & Spicy Chicken Sandwich
 Cheeseburger