

HOWARDS GROVE LUNCH MENU January

NORTHVIEW SCHOOL



Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Garden Bar and Fruit options
		1	2 Whole Grain Breaded Chicken patty on Wheat bun Blueberry muffin, raspberry yogurt, whole grain cheese-its Garden Bar-Choice of Fruit	3 Whole Grain Cheese Pizza Mixed Veggies Blueberry muffin, raspberry yogurt, whole grain cheese-its Garden Bar-Choice of Fruit	Salad Blend Baby Carrots Celery sticks Applesauce Sliced Peaches Fresh Naval Orange Wedges
6 Grilled Cheese Sandwich on wheat bread *Tomato Soup PBJ Uncrustable, String cheese, goldfish crackers Garden Bar-Choice of Fruit	7 Alfredo lasagna roll ups with garlic toast Steamed Broccoli PBJ Uncrustable, String cheese, goldfish crackers Garden Bar-Choice of Fruit	8 Ham egg and cheese breakfast sandwich with hashbrown PBJ Uncrustable, String cheese, goldfish crackers Garden Bar-Choice of Fruit	9 BBQ rib sandwich on mini hoagie served with chips Lean Mean Green Beans PBJ Uncrustable, String cheese, goldfish crackers Garden Bar-Choice of Fruit	10 American hamburger Mac n Cheese served with Maple baked Beans & Cornbread PBJ Uncrustable, String cheese, goldfish crackers Garden Bar-Choice of Fruit	Salad Blend Broccoli Florets Cherry Tomatoes Mixed Fruit Fresh Apple slices Easy Peeling Cuties
13 NO SCHOOL	14 Hot dog on a bun with sidewinder potatoes Seasoned corn Whole Grain soft Pretzel with creamy cheddar dipping sauce, string cheese, and hard boiled egg Garden Bar-Choice of Fruit	15 BBQ Chicken Drumsticks w/Brown Rice pilaf Steamed Broccoli Whole Grain soft Pretzel with creamy cheddar dipping sauce, string cheese, and hard boiled egg Garden Bar-Choice of Fruit	16 Classic Cheeseburger with smile fries BBQ baked beans Whole Grain soft Pretzel with creamy cheddar dipping sauce, string cheese, and hard boiled egg Garden Bar-Choice of Fruit	17 Mozzarella stuffed breadsticks with chunky marinara and carrots Whole Grain soft Pretzel with creamy cheddar dipping sauce, string cheese, and hard boiled egg Garden Bar-Choice of Fruit	Salad Blend Bell Pepper Slices Pea Pods Sliced Pears Fresh Grapes Strawberry Applesauce
20 Whole Grain Chicken Nuggets, dinner roll and sweet potato fries Lean Mean Green Beans American Sub Sandwich, string cheese, pretzels Garden Bar-Choice of Fruit	21 Honey Corn dog nuggets with baked potato wedges Steamed Broccoli American Sub Sandwich, string cheese, pretzels Garden Bar-Choice of Fruit	22 Chicken and Cheese Quesadilla served with seasoned refried beans Crinkle Cut Carrots American Sub Sandwich, string cheese, pretzels Garden Bar-Choice of Fruit	23 Ham and Cheese Melt slider sandwiches *chicken noodle soup Bashful Baked Beans American Sub Sandwich, string cheese, pretzels Garden Bar-Choice of Fruit	24 Meatballs in Marianara with Penne pasta Whole Grain garlic Breadstick American Sub Sandwich, string cheese, pretzels Garden Bar-Choice of Fruit	Salad Blend Cauliflower Cucumbers Red Delicious Apples Pineapple Chunks Bananas

**All meals include our Garden Bar – a variety selection of cut veggies, salad blend, whole and cupped fruit to round out your child’s meal selection

**All meals include 1 cup choice of chocolate skim milk or unflavored 1% milk

HOWARDS GROVE LUNCH MENU FEBRUARY

NORTHVIEW SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Garden Bar and fruit options
<p>27 Garlic French Bread Cheese Pizza with marinara dip Seasoned corn</p> <p>Turkey and Cheese sandwich, goldfish and string cheese Garden Bar-Choice of Fruit</p>	<p>28 Popcorn Chicken Bowl <i>*mashed potato, stuffing, gravy mixed veggies</i></p> <p>Turkey and Cheese sandwich, goldfish and string cheese Garden Bar-Choice of Fruit</p>	<p>29 Classic American Hamburger with sweet potato wedges</p> <p>Turkey and Cheese sandwich, goldfish and string cheese Garden Bar-Choice of Fruit</p>	<p>30 "club sandwich" pinwheel wraps with tator tots</p> <p>Turkey and Cheese sandwich, goldfish and string cheese Garden Bar-Choice of Fruit</p>	<p>31 Bird Dog Sandwich and tri-tators <i>*crispy chicken tenders, cheddar cheese and bacon on a hoagie roll</i></p> <p>Turkey and Cheese sandwich, goldfish and string cheese Garden Bar-Choice of Fruit</p>	<p>Salad Blend radishes Cucumbers</p> <p>Whole Fresh Apples Mandarin Oranges Kiwi strawberry slushie</p>
<p>3 FEBRUARY Doritos Chicken Walking Tacos with sour cream and salsa Mexicali corn</p> <p>"Breakfast fun lunch"- fruit and yogurt parfait, granola bar, cheese its Garden Bar-Choice of Fruit</p>	<p>4 Cheese egg bites, hashbrown and waffle</p> <p>"Breakfast fun lunch"- fruit and yogurt parfait, granola bar, cheese its Garden Bar-Choice of Fruit</p>	<p>5 Turkey and Cheese Croissant Sandwich with smile fries</p> <p>"Breakfast fun lunch"- fruit and yogurt parfait, granola bar, cheese its Garden Bar-Choice of Fruit</p>	<p>6 Chicken Fries and sweet potato straws BBQ baked beans</p> <p>"Breakfast fun lunch"- fruit and yogurt parfait, granola bar, cheese its Garden Bar-Choice of Fruit</p>	<p>7 Pepperoni Pizza Seasoned Peas</p> <p>"Breakfast fun lunch"- fruit and yogurt parfait, granola bar, cheese its Garden Bar-Choice of Fruit</p>	<p>Salad Blend Baby Carrots Celery sticks</p> <p>Applesauce Sliced Peaches Fresh Naval Orange Wedges</p>
<p>10 Whole grain chicken tenders and tator tots Seasoned peas/carrots</p> <p>Blueberry muffin, raspberry yogurt, whole grain cheese-its Garden Bar-Choice of Fruit</p>	<p>11 Beef Nachos- served with sour cream and salsa-seasoned black beans</p> <p>Blueberry muffin, raspberry yogurt, whole grain cheese-its Garden Bar-Choice of Fruit</p>	<p>12 Cinnamon French toast sticks, hashbrown and Sausage</p> <p>Blueberry muffin, raspberry yogurt, whole grain cheese-its Garden Bar-Choice of Fruit</p>	<p>13 Whole Grain Breaded Chicken patty on Wheat bun</p> <p>Blueberry muffin, raspberry yogurt, whole grain cheese-its Garden Bar-Choice of Fruit</p>	<p>14 Whole Grain Cheese Pizza Mixed Veggies</p> <p>Blueberry muffin, raspberry yogurt, whole grain cheese-its Garden Bar-Choice of Fruit</p>	<p>Salad Blend Broccoli Florets Cherry Tomatoes</p> <p>Mixed Fruit Fresh Apple slices Easy Peeling Cuties</p>
<p>17</p> <p>NO SCHOOL</p>	<p>18 Grilled Cheese Sandwich on wheat bread <i>*Tomato Soup</i></p> <p>PBJ Uncrustable, String cheese, goldfish crackers Garden Bar-Choice of Fruit</p>	<p>19 Ham egg and cheese breakfast sandwich with hashbrown</p> <p>PBJ Uncrustable, String cheese, goldfish crackers Garden Bar-Choice of Fruit</p>	<p>20 BBQ rib sandwich on mini hoagie served with chips Lean Mean Green Beans</p> <p>PBJ Uncrustable, String cheese, goldfish crackers Garden Bar-Choice of Fruit</p>	<p>21 American hamburger Mac n Cheese served with Maple baked Beans & Cornbread</p> <p>PBJ Uncrustable, String cheese, goldfish crackers Garden Bar-Choice of Fruit</p>	<p>Salad Blend Bell Pepper Slices Pea Pods</p> <p>Sliced Pears Fresh Grapes Strawberry Applesauce</p>

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