



Don't forget to eat your vegetables.

North Cape School Lunch Menu

Fresh Vegetable Choices and Seasonal Fruit are Offered Daily on the Fruit & Vegetable Bar

December

2018

MONDAY

3
Pancakes with Syrup
Sausage Links

OR Tasty Chicken Nuggets

Potato Smiles
Apple Juice
Bread, Fruit & Veggie Bar

TUESDAY

4
Spaghetti with Meatballs

OR Cheeseburger with Pickles
Waffle Fries
Caesar Salad, Breadstick
Rice Krispie Treat
Fruit & Veggie Bar

WEDNESDAY

5
Beefy Nachos with Sour Cream & Salsa

OR Oven Roasted Mini Corn Dogs

Buttered Corn
Bread, Fruit & Veggie Bar

THURSDAY

6
Homemade Cheese Pizza

OR Italian Sub Sandwich with Pickles

Kettle Chips
Lettuce Salad with Ranch
Bread, Fruit & Veggie Bar

FRIDAY

7
HOM ~ Cabbage
Toasted Cheese Sandwich

OR Crispy Chicken Strips

Cabbage Rice Soup
Mashed Potatoes & Gravy
Dinner Roll
Fruit & Veggie Bar

10
French Toast Sticks with Syrup, Scrambled Eggs

OR Crispy Chicken Sandwich with Pickles
Potato Triangle
Strawberries
Biscuit, Fruit & Veggie Bar

11
National Bagel Day!
Pepperoni Pizza Bagel

OR Cheeseburger with Pickles

Shoe String French Fries
Gold Fish Crackers
Fruit & Veggie Bar

12
PTO Lunch for School

13
HOM ~ Sage
County Fair Corn Dog

OR Crispy Chicken Strips

Sage Parmesan Pasta
Seasoned Green Beans
Sugar Cookie
Bread, Fruit & Veggie Bar

14
Mozzarella Cheese Dippers, Marinara Sauce

OR BBQ Pork Riblet Sandwich with Pickles

Crinkle Cut French Fries
Pretzels, Fruit & Veg Bar

17
National Syrup Day!
Pancakes with Wisconsin Maple Syrup, Sausage Links
OR Tasty Chicken Nuggets
Waffle Fries
Orange Juice
Biscuit, Fruit & Veggie Bar

18
Salisbury Steak with Gravy

OR Popcorn Chicken Bites

Side of Mac & Cheese
Steamed Broccoli
Dinner Roll
Fruit & Veggie Bar

19
Oven Roasted Turkey & Gravy

OR Cheeseburger with Pickles
Mashed Potatoes & Gravy
Pumpkin Cake
Roll, Fruit & Veggie Bar

20
Homemade Cheese Pizza

OR Grilled Chicken Sandwich with Pickles

Crinkle Cut French Fries
Pretzels
Fruit & Veggie Bar

21
Meatball Bomber Sub

OR Crispy Chicken Sandwich with Pickles

Kettle Chips
Buttered Corn
Bread, Fruit & Veggie Bar

24
WINTER BREAK STARTS

25
HAVE FUN!

26
REMEMBER TO GET UP AND MOVE!

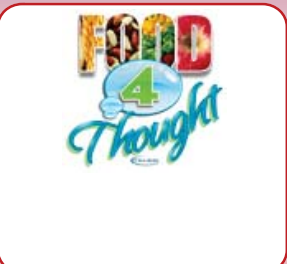
27
EAT HEALTHY!
BE SAFE!

28
STAY WARM!

31
FACTS ABOUT SAGE:
Sage is a small perennial shrub that grows about 3 feet tall.
Sage is considered to have a slight peppery flavor.

FACTS ABOUT CABBAGE:
Red cabbage is often used in German and Swedish recipes.
Excellent source of fiber, Vitamin C and Vitamin K which aid in healing wound

FACTS ABOUT PERSIMMON:
Trees were introduced to the United States in 1850. Excellent source of Vitamin A which can help with vision and bone growth.



Regular	\$3.10
Reduced	\$1.15
Adult	\$3.10
Student Milk	\$0.10



EXTRA INFO
Milk choice of 1% White, Skim or Chocolate
Skim is included with lunch.
For questions or comments, contact
Brenda Sunderland, FSD at 262-864-2105
or sundbre@raymond.k12.wi.us

