



National  
Nutrition  
Month

# North Cape School

## Lunch Menu

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

March

2019

### MONDAY



### TUESDAY



### WEDNESDAY

### THURSDAY

### FRIDAY

1  
Salisbury Steak with Gravy  
OR Popcorn Chicken Bites  
Mashed Potatoes & Gravy  
Dinner Roll  
Fruit & Veggie Bar

2  
Breakfast Sandwich  
(Sausage, Egg & Cheese)  
OR Cheeseburger with  
Pickles  
Potato Triangle, Popcorn  
Fruit & Veggie Bar

3  
**Chef Anthony:**  
Ham & Cheese Puff Pastry  
with Honey Dijon Mayo  
OR Oven Roasted Mini  
Corn Dogs  
Mashed Potatoes & Gravy  
Dinner Roll  
Fruit & Veggie Bar

4  
**HOM~Spinach**  
Homemade Cheese Pizza  
OR Turkey & Cheese Sub  
Garlic Breadstick  
Seasoned Green Beans  
Strawberry Spinach Salad  
Fruit & Veggie Bar

5  
Roasted Hotdog  
with Pickles  
OR Crispy Chicken Strips  
Baked Beans, Kettle Chips  
Buttered Pasta  
Fruit & Veggie Bar

6  
Toasted Cheese Sandwich  
OR Crispy Chicken Strips  
Homemade Creamy  
Potato Soup  
Biscuit  
Fruit & Veggie Bar

7  
Pancakes with Syrup  
Sausage Links  
OR County Fair Corn Dog  
Potato Smiles  
Juice Cup  
Biscuit, Fruit & Veggie Bar

8  
Homemade Cheese Pizza  
OR BBQ Pork Riblet  
Sandwich with Pickles  
Crinkle Cut French Fries  
Caesar Salad, Breadstick  
Fruit & Veggie Bar

9  
**HOM~MINT**  
Tortellini Lasagna with  
Beef  
OR Crispy Chicken Strips  
Candied Carrots  
Lettuce Salad with Ranch  
Watermelon with Mint  
Bread, Fruit & Veggie Bar

10  
Beefy Nachos with sour  
cream & salsa  
OR Crispy Chicken Wrap  
Buttered Corn, Rice  
Cinnamon Churro  
Bread, Fruit & Veggie Bar

11  
Fish Sandwich with Tartar  
Sauce  
OR Oven Roasted Mini  
Corn Dogs  
Side of Mac & Cheese  
Steamed Broccoli  
Bread, Fruit & Veggie Bar

12  
Sloppy Joe Sandwich with  
Pickles  
OR Popcorn Chicken Bites  
Mashed Potatoes & Gravy  
Dinner Roll  
Fruit & Veggie Bar

13  
Ravioli in Meat Sauce  
OR Crispy Chicken Strips  
Seasoned Green Beans  
Buttered Pasta  
Chocolate Pudding  
Fruit & Veggie Bar

14  
Ham & Cheese Stromboli  
with Marinara Sauce  
OR Oven Roasted Mini  
Corn Dogs  
Buttered Corn  
Lettuce Salad with Ranch  
Bread, Fruit & Veggie Bar

15  
Homemade Cheese Pizza  
OR Italian Sub Sandwich  
with Pickles  
Crinkle Cut French Fries  
Caesar Salad, Breadstick  
Fruit & Veggie Bar

16  
**HOM ~ Strawberries**  
French Toast Sticks with  
Syrup  
OR Crispy Chicken  
Sandwich with Pickles  
Potato Triangle, Bread  
Strawberries & Whip  
Cream, Fruit & Veggie Bar

17  
SPRING BREAK

18  
SPRING BREAK

19  
SPRING BREAK

20  
SPRING BREAK

21  
SPRING BREAK

Regular	\$3.15
Reduced	\$1.15
Adult	\$3.15
Student Milk	\$0.10

### HARVEST OF THE MONTH



### 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 email [sundbre@raymond.k12.wi.us](mailto:sundbre@raymond.k12.wi.us)

