



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

May
2019

MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

6
Salisbury Steak with Gravy

OR Popcorn Chicken Bites

Mashed Potatoes & Gravy
Dinner Roll
Fruit & Veggie Bar

7
Homemade Cheese Pizza

OR BBQ Pork BBQ Riblet
Sandwich with Pickles

Shoestring French Fries
Garlic Breadstick
Fruit & Veggie Bar

8
Beef Nachos with Sour
Cream & Salsa

OR Crispy Chicken Wrap

Mexican Rice, Buttered
Corn, Cinnamon Churro
Bread, Fruit & Veggie Bar

9
Spaghetti with Meat Sauce

OR Popcorn Chicken Bites

Seasoned Green Beans
Garlic Toast
Lettuce Salad with Ranch
Fruit & Veggie Bar

3
Pancakes with Syrup,
Scrambled Eggs

OR County Fair Corn Dog

Potato Smiles
Strawberries
Bread, Fruit & Veggie Bar

13
HOM ~ RHUBARB
French Toast Sticks with
Syrup

OR Crispy Chicken
Sandwich with Pickles
Potato Triangle
Juice Cup, Rhubarb Muffin
Fruit & Veggie Bar

14
Beefy Nachos with Sour
Cream & Salsa

OR Cheeseburger with
Pickles
Steamed Rice, Buttered
Corn, Rice Krispie Treat
Bread, Fruit & Veggie Bar

15
Chef Anthony Presents
Boneless Chicken Bar
with Sauces

OR Oven Roasted Mini
Corn Dogs
French Fries
Caesar Salad, Pretzels
Fruit & Veggie Bar

16
Homemade Cheese Pizza

OR Grilled Chicken
Sandwich with Pickles

Seasoned Waffle Fries
Garlic Breadstick
Fruit & Veggie Bar

17
Oven Roasted Hot Dog
with Pickles

OR Crispy Chicken Strips

Homemade Tomato Soup
French Fries, Crackers
Fruit & Veggie Bar

20
Sloppy Joe Sandwich with
Pickles

OR Popcorn Chicken Bites

Mashed Potatoes with
Gravy, Biscuit
Fruit & Veggie Bar

21
Homemade Cheese Pizza

OR Turkey & Cheese Sub

Seasoned Green Beans
Garlic Breadstick
Caesar Salad
Fruit & Veggie Bar

22
HOM ~ THYME
Homemade Lasagna

OR Cheeseburger with
Pickles

Roasted Italian Vegetables
Crinkle Cut French Fries
Bread, Fruit & Veggie Bar

23
Beefy Nachos with Sour
Cream & Salsa

OR Oven Roasted Mini
Corn Dogs
Seasoned Corn
Cinnamon Churro
Bread, Fruit & Veggie Bar

24
Mozzarella Cheese Sticks
with Marinara Sauce

OR Grilled Chicken
Sandwich with Pickles

Shoestring French Fries
Bread, Fruit & Veggie Bar

27
NO SCHOOL

28
County Fair Corn Dog

OR Crispy Chicken Strips

Side of Mac & Cheese
Pretzels
Fruit & Veggie Bar

29
Chef Anthony Grill Out
Hamburger/Cheeseburger

OR Hot Dog

Pickles, Potato Salad
Kettle Chips, Baked Beans
Watermelon
Popsicle

30
Homemade Cheese Pizza

OR BBQ Pork Riblet
Sandwich with Pickles

French Fries
Garlic Breadstick
Fruit & Veggie Bar

31
Pancakes with Syrup,
Scrambled Eggs

OR County Fair Corn Dog

Potato Smiles
Strawberries
Bread, Fruit & Veggie Bar

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

