



Don't forget to eat your vegetables.

# North Cape School Lunch Menu

In addition to our daily entrée choices, we also offer a Fruit & Vegetable Bar

February 2019

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY



Choose **MyPlate.gov**

French Toast Sticks with Syrup **4**

OR Crispy Chicken Sandwich with Pickles

Potato Triangle  
Strawberries & whip cream  
Biscuit  
Fruit & Veggie Bar

Beefy Nachos with sour cream & salsa **5**

OR Oven Roasted Mini Corn Dogs

HOM ~ Fresh Guacamole  
Buttered Corn  
Cinnamon Churro  
Bread, Fruit & Veggie Bar

Spaghetti with Meatballs **6**

OR Popcorn Chicken Bites

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

Homemade Cheese Pizza **7**

OR Turkey & Cheese Sub with Pickles

Seasoned Ranch Wedges  
Garlic Breadstick  
Fruit & Veggie Bar

Toasted Cheese Sandwich **1**

OR Crispy Chicken Strips

Tomato Soup  
Crinkle Cut French Fries  
Goldfish Crackers  
Fruit & Veggie Bar

Roasted Hotdog with Pickles **8**

OR Crispy Chicken Strips

Baked Beans  
Kettle Chips  
Buttered Pasta  
Fruit & Veggie Bar

Salisbury Steak with Gravy **11**

OR Popcorn Chicken Bites

Mashed Potatoes & Gravy  
Dinner Roll  
Fruit & Veggie Bar

Homemade Cheese Pizza **12**

OR Crispy Chicken Wrap

Caesar Salad  
Shoestring French Fries  
Garlic Breadstick  
Fruit & Veggie Bar

Tortellini Lasagna with Beef **13**

OR Crispy Chicken Strips

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

Walking Tacos with Cheese & Sour Cream **14**

OR Cheeseburger with pickles

HOM ~ Cilantro Lime Rice  
Buttered Corn  
Sugar Cookie  
Fruit & Veggie Bar

Pancakes with Syrup & Sausage Links **15**

OR County Fair Corn Dog

Potato Smiles  
Juice Cup  
Bread  
Fruit & Veggie Bar

Sloppy Joe Sandwich with Pickles **18**

OR Popcorn Chicken Bites

Side of Mac & Cheese  
Steamed Broccoli, Bread  
Fruit & Veggie Bar

Breakfast Sandwich (Sausage, Egg & Cheese) **19**

OR Cheeseburger with Pickles

Potato Triangle  
Rice Krispie Treat  
Bread  
Fruit & Veggie Bar

~Chef Anthony~ Boneless Wing Bar with sauces **20**

OR Pulled Pork Sandwich with Pickles

Curly French Fries  
HOM~Bell Pepper Slaw  
Pretzels  
Fruit & Veggie Bar

Homemade Cheese Pizza **21**

OR Spicy Chicken Sandwich with Pickles

Crinkle Cut French Fries  
Lettuce Salad with Ranch  
Popcorn  
Fruit & Veggie Bar

No School **22**

French Toast Sticks, Syrup, Scrambled Eggs **25**

OR Crispy Chicken Sandwich with Pickles

Potato Smiles  
Strawberries & whip topping  
Biscuit  
Fruit & Veggie Bar

Homemade Cheese Pizza **26**

OR Italian Sub Sandwich with Pickles

Waffle Fries  
Lettuce Salad with Ranch  
Bread  
Fruit & Veggie Bar

Ham & Cheese Stromboli with Marinara Sauce **27**

OR Tasty Chicken Nuggets

Seasoned Green Beans  
Caesar Salad  
Garlic Breadstick  
Fruit & Veggie Bar

Oven Roasted Turkey with Gravy **28**

OR Cheeseburger with Pickles

Mashed Potatoes & Gravy  
Pumpkin Cake, Biscuit  
Fruit & Veggie Bar



## HARVEST OF THE MONTH



## EXTRA INFO

For questions or comments, contact:  
Brenda Sunderland  
Food Service Director  
bsunderland@raymond.k12.wi.us  
or call  
262-864-2105



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