



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

February 2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Blank menu box for Monday.

Blank menu box for Tuesday.

Blank menu box for Wednesday.

Homemade Cheese Pizza ¹

OR BBQ Pork Riblet Sandwich with Pickles

Buttered Corn
Apple Waldorf Salad
Bread, Fruit & Veggie Bar

National Kiwi Day ²
Spaghetti with Meatballs

OR Oven Roasted Mini Corn Dogs
Buttered Green Beans
Garlic Toast
Kiwi
Fruit & Veggie Bar

Salisbury Steak ⁵

OR Popcorn Chicken Bites

Mashed Potatoes & Gravy
Dinner Roll
Fruit & Veggie Bar

Loaded Tator Tots with Taco Meat & Cheese Sauce, Sour Cream ⁶

OR Tasty Chicken Strips
Seasoned Carrots
Bread, Pudding Cup
Fruit & Veggie Bar

Homemade Pepperoni Pizza ⁷

OR Grilled Chicken Sandwich with Pickles
Caesar Salad
Shoe String French Fries
Bread, Fruit & Veggie Bar

HOM ~ MANGO ⁸
Roasted Hot dog

OR Breaded Chicken Sandwich with Pickles
Crinkle Cut French Fries
Pretzels
Fruit & Veggie Bar
Mango Coffee Cake

French Toast Sticks with Syrup ⁹

OR Crispy Chicken Nuggets

Potato Triangle, Yogurt
Bread, Fruit & Veggie Bar

HOM ~ OKRA ¹²
Cheeseburger with Pickles

OR County Fair Corn Dog

Roasted Okra
Crinkle Cut French Fries
Pretzels
Fruit & Veggie Bar

HOM ~ MANGO ¹³
Beefy Nachos with Sour Cream & Salsa

OR Breaded Chicken Sandwich with Pickles
Steamed Rice
Mango Salsa
Bread, Fruit & Veggie Bar

Happy Valentine's Day! ¹⁴
Homemade Cheese Pizza
OR Love Me Tender
Crispy Chicken Wrap
Cupid Buttered Corn
Kiss Me Caesar Salad
Too Cute Bread
Sweetheart Cookie
Be Mine Fruit & Veg Bar

Meatball Bomber Sub ¹⁵

OR Tasty Chicken Strips

Potato Smiles
Buttered Noodles
Broccoli Salad
Fruit & Veggie Bar

Toasted Cheese Sandwich ¹⁶

OR Cheeseburger with Pickles

Creamy Tomato Soup
Goldfish Crackers
Fruit & Veggie Bar

National Pancake Day ¹⁹
Pancakes with Syrup
Sausage Links

OR Grilled Chicken Sandwich with Pickles
Potato Triangle
Strawberries
Bread, Fruit & Veggie Bar

Slow Cooked Pork with BBQ Sauce & Pickles ²⁰

OR Cheeseburger with Pickles
Crinkle Cut French Fries
Rice Krispie Treat
Bread, Fruit & Veggie Bar

Soft Shell Beef Tacos, Lettuce, Cheese, Sour Cream and Salsa ²¹
OR Oven Roasted Mini Corn Dogs
Refried Beans
Cheese Stick, Churro
Bread, Fruit & Veggie Bar

Homemade Cheese Pizza ²²

OR BBQ Pork Riblet Sandwich with Pickles
Fruited Quinoa Salad
Broccoli with Cheese Sauce
Bread, Fruit & Veggie Bar

NO SCHOOL ²³

Salisbury Steak ²⁶

OR Popcorn Chicken Bites

Mashed Potatoes & Gravy
Dinner Roll
Fruit & Veggie Bar

Homemade Beef Lasagna ²⁷

OR Oven Roasted Mini Corn Dogs

Buttered Green Beans
Caesar Salad, Garlic Toast
Fruit & Veggie Bar

Baked Potato Bar with ham, broccoli, cheese sauce & sour cream ²⁸

OR Tasty Chicken Strips
Seasoned Corn
Tomato Cucumber Salad
Roll, Fruit & Veggie Bar

Choose **MyPlate.gov**

Regular	\$3.10
Reduced	\$1.15
Adult	\$3.10
Student Milk	\$0.10
Extra Entrée	\$1.50

HARVEST OF THE MONTH

MANGO OKRA CAYENNE

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