



Don't forget to eat your vegetables.

# North Cape School Lunch Menu

In addition to our daily entrée choices, we also offer a fresh Fruit & Veggie bar

January 2019

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY



Salisbury Steak with Gravy <sup>7</sup>  
OR Popcorn Chicken Bites  
Mashed Potatoes & Gravy  
Dinner Roll  
Fruit & Veggie Bar

Spaghetti with Meatsauce <sup>8</sup>  
OR Crispy Chicken Sandwich with Pickles  
Shoestring French Fries  
Garlic Breadstick  
Rice Krispie Treat  
Fruit & Veggie Bar

Welcome Back County Fair Corn Dog <sup>2</sup>  
OR Crispy Chicken Strips  
Crinkle Cut French Fries  
Garlic Toast  
Fruit & Veggie Bar

Mozzarella Cheese Dippers, Marinara Sauce <sup>3</sup>  
OR BBQ Pork Riblet Sandwich with Pickles  
Seasoned Green Beans  
Caesar Salad  
Pretzels, Fruit & Veggie Bar

Pancakes with Syrup, Scrambled Eggs <sup>4</sup>  
OR Tasty Chicken Nuggets  
Potato Smiles  
Juice Cup  
Bread, Fruit & Veggie Bar

French Toast Sticks with Syrup, Sausage Links <sup>14</sup>  
OR Crispy Chicken Sandwich with Pickles  
Potato Triangle  
Strawberries  
Biscuit  
Fruit & Veggie Bar

Walking Tacos with Cheese & Sour Cream <sup>15</sup>  
OR Cheeseburger with Pickles  
Buttered Corn  
Cinnamon Churro Bread  
Fruit & Veggie Bar

HOM ~ Grapefruit Homemade Cheese Pizza <sup>16</sup>  
OR Grilled Chicken Sandwich with Pickles  
Shoe String French Fries  
Caesar Salad  
Bread  
Fruit & Veggie Bar

Beefy Ravioli in Marinara Sauce <sup>17</sup>  
OR Crispy Chicken Strips  
Seasoned Carrots  
Pretzels  
Chocolate Pudding  
Fruit & Veggie Bar

Meatball Bomber Sub <sup>18</sup>  
OR Oven Roasted Mini Corn Dogs  
Crinkle Cut French Fries  
Buttered Pasta  
Fruit & Veggie Bar

Salisbury Steak with Gravy <sup>21</sup>  
OR Popcorn Chicken Bites  
Mashed Potatoes & Gravy  
Dinner Roll  
Fruit & Veggie Bar

NEW: Tortellini Lasagna with Beef <sup>22</sup>  
OR Crispy Chicken Strips  
Buttered Corn  
Garlic Breadstick  
Chocolate Cake  
Fruit & Veggie Bar

Homemade Cheese Pizza <sup>23</sup>  
OR BBQ Pork Riblet Sandwich with Pickles  
Crinkle Cut French Fries  
Caesar Salad  
Bread  
Fruit & Veggie Bar

Beefy Nachos with Sour Cream & Salsa <sup>24</sup>  
OR Oven Roasted Mini Corn Dogs  
Mexican Rice  
Refried Beans  
Bread  
Fruit & Veggie Bar

Pancakes with Syrup, Scrambled Eggs <sup>25</sup>  
OR Tasty Chicken Nuggets  
Potato Smiles  
Juice Cup  
Bread, Fruit & Veggie Bar  
Chocolate Chip Muffin

HOM ~ Grapefruit County Fair Corn Dog <sup>28</sup>  
OR Tasty Chicken Strips  
Ruby Red Grapefruit Juice  
Steamed Broccoli  
Side of Mac & Cheese  
Fruit & Veggie Bar

Sloppy Joe Sandwich with Pickles <sup>29</sup>  
OR Oven Roasted Mini Corn Dogs  
Mashed Potatoes & Gravy  
Bread  
Fruit & Veggie Bar

Homemade Cheese Pizza <sup>30</sup>  
OR Crispy Chicken Wrap  
Waffle Fries  
Lettuce Salad with Ranch  
Pretzels  
Fruit & Veggie Bar

Ham & Cheese Stromboli with Marinara Sauce <sup>31</sup>  
OR Crispy Chicken Sandwich with Pickles  
Seasoned Green Beans  
Caesar Salad  
Chocolate Chip Cookie  
Fruit & Veggie Bar



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



**EXTRA INFO**  
For questions or comments, contact:  
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