



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

January  
2018

## MONDAY

1

HAPPY NEW YEAR  
EVERYONE

## TUESDAY

2

### WELCOME BACK!

Pancakes with Syrup  
Sausage Links

OR Grilled Chicken  
Sandwich with Pickles  
Potato Triangle  
Juice Cup

Bread, Fruit & Veggie Bar

## WEDNESDAY

3

### National Bean Day

Soft Shell Beef Tacos with  
lettuce, salsa, cheese &  
sour cream

OR Oven Roasted Mini  
Corn Dogs

Refried Beans  
Steamed Rice

Bread, Fruit & Veggie Bar

## THURSDAY

4

Tony's Cheese Pizza

OR BBQ Pork Riblet  
Sandwich with Pickles

Buttered Corn  
Apple Waldorf Salad  
Bread, Fruit & Veggie Bar

## FRIDAY

5

Meatball Bomber Sub

OR Tasty Chicken Strips

Crinkle Cut French Fries  
Pretzels  
Fruit & Veggie Bar

### National Apricot Day

8

Salisbury Steak

OR Popcorn Chicken Bites

Mashed Potatoes & Gravy  
Dinner Roll  
Fruit & Veggie Bar

Baked Potato Bar with  
ham, broccoli, cheese and  
sour cream

OR Tasty Chicken Strips  
Buttered Corn  
Rice Krispie Treat  
Bread, Fruit & Veggie Bar

Homemade Cheese Pizza

OR Italian Sub Sandwich

Broccoli with Cheese  
Sauce  
Caesar Salad  
Bread, Fruit & Veggie Bar

Beefy Nachos with sour  
cream & cheese sauce

OR Breaded Chicken  
Sandwich with Pickles  
Corn & Black Bean Salad  
Seasoned Corn, Pretzels  
Churro, Fruit & Veggie Bar

Toasted Cheese Sandwich

OR Cheeseburger

Homemade Potato Soup  
Crackers  
Fruit & Veggie Bar

French Toast Sticks,  
Syrup, Scrambled Eggs

OR Crispy Chicken  
Nuggets  
Potato Smiles  
Yogurt Cup  
Bread, Fruit & Veggie Bar

Spaghetti with Meatballs

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

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

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

### HOM Arugula

18

Homemade Sausage  
Pizza

OR Crispy Chicken Wrap

Mashed Potatoes & Gravy  
Arugula Apple Salad  
Bread, Fruit & Veggie Bar

### National Popcorn Day

19

Roasted Hot Dog

OR Breaded Chicken  
Sandwich with Pickles

Crinkle Cut French Fries  
Popcorn  
Bread, Fruit & Veggie Bar

Sloppy Joe Sliders

OR Popcorn Chicken Bites

Side of Mac & Cheese  
Pretzels  
Fruit & Veggie Bar

### HOM Lemon

23

Ham & Cheese Stromboli  
with Marinara Sauce

OR Breaded Chicken  
Sandwich with Pickles  
Caesar Salad, Green Bean  
Roll, Fruit & Veggie Bar  
Lemon Bar

Meatball Bomber Sub

OR Tasty Chicken Strips

Mashed Potatoes & Gravy  
Dinner Roll  
Fruit & Veggie Bar

Cheese Bread with  
Marinara Sauce

OR Cheesy Egg Bacon  
Muffin

Potato Triangle, Juice Cup  
Bread, Fruit & Veggie Bar

Toasted Cheese Sandwich

OR Crispy Chicken  
Nuggets

Creamy Tomato Soup  
Crackers, French Fries  
Fruit & Veggie Bar

Chicken Bacon Ranch  
Melt

OR Tasty Chicken Strips

Crinkle Cut French Fries  
Gold Fish Crackers  
Bread, Fruit & Veggie Bar

### HOM Ginger

30

Belgium Waffle Sticks,  
Syrup, Sausage Patties

OR Bacon Cheeseburger

Cheesy French Fries  
Bread  
Fruit & Veggie Bar

Beefy Nachos with sour  
cream & cheese sauce

OR Breaded Chicken  
Sandwich with Pickles  
Mexican Rice  
Refried Beans, Pretzels  
Fruit & Veggie Bar



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## PRICES

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  
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