



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



Choose **MyPlate.gov**



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
Brenda Sunderland, FSD at 262-864-2105
or email sundbre@raymond.k12.wi.us

