



Don't forget to eat your vegetables.

# North Cape School

November

2018

Fresh Vegetable Choices and Seasonal Fruit are Offered Daily on the Fruit & Vegetable Bar

## MONDAY



Choose **MyPlate.gov**

## TUESDAY



## WEDNESDAY

## THURSDAY

## FRIDAY

French Toast Sticks with Syrup, Scrambled Eggs

OR Crispy Chicken Sandwich  
Potato Triangle  
Strawberries, Bread  
Milk, Fruit & Veggie Bar

**HOM ~ Rosemary**  
Homemade Beef Lasagna

OR Oven Roasted Mini Corn Dogs  
Rosemary Garlic Potatoes  
Caesar Salad  
Dinner Roll  
Milk, Fruit & Veggie Bar

**Chef Anthony:**  
Chicken Boneless Wing Bar with sauces

OR Cheeseburger with Pickles  
Buttered Corn  
Cinnamon Churro, Bread  
Milk, Fruit & Veggie Bar

Ham & Cheese Stromboli with Marinara Sauce  
OR Cheeseburger with pickles

Seasoned Green Beans  
Caesar Salad, Popcorn  
Milk, Fruit & Veggie Bar

Meatball Bomber Sub  
  
OR Crispy Chicken Sandwich with pickles  
Shoestring French Fries  
Goldfish Crackers  
Milk, Fruit & Veggie Bar

County Fair Corn Dog  
  
OR Crispy Chicken Strips  
  
Side of Mac & Cheese  
Steamed Broccoli  
Pretzels  
Milk, Fruit & Veggie Bar

**HOM ~ Sweet Potatoes**  
Spaghetti with Meatballs

OR Cheeseburger with Pickles  
Sweet Potato Waffle Fries  
Caesar Salad, Breadstick  
Rice Krispie Treat  
Milk, Fruit & Veggie Bar

**Pickle Day**  
Homemade Cheese Pizza

OR Italian Sub Sandwich with Pickles  
  
Dill Pickle Potato Chips  
Lettuce Salad, Bread  
Milk, Fruit & Veggie Bar

Toasted Cheese Sandwich

OR Mini Corn Dogs  
  
Mashed Potatoes & Gravy  
Dinner Roll  
Milk, Fruit & Veggie Bar

Pancakes with Sausage Links, Syrup  
OR Tasty Chicken Nuggets  
Potato Smiles  
Apple Juice Cup, Biscuit  
Milk, Fruit & Veggie Bar

Salisbury Steak with Gravy

OR Popcorn Chicken Bites  
  
Mashed Potatoes with Gravy  
Dinner Roll  
Milk, Fruit & Veggie Bar

Walking Tacos with Cheese & Sour Cream

OR Crispy Chicken Sandwich with Pickles  
Refried Beans & Rice  
Bread  
Milk, Fruit & Veggie Bar

NO SCHOOL

NO SCHOOL

NO SCHOOL

French Toast Sticks with Syrup, Scrambled Eggs

OR Crispy Chicken Sandwich  
Potato Triangle  
Strawberries, Bread  
Milk, Fruit & Veggie Bar

Homemade Cheese Pizza

OR Crispy Chicken Wrap  
  
Shoe String French Fries  
Caesar Salad  
Bread  
Milk, Fruit & Veggie Bar

Beefy Nachos with Sour Cream & Salsa

OR Cheeseburger with Pickles  
Buttered Corn  
Cinnamon Churro, Bread  
Milk, Fruit & Veggie Bar

Beefy Ravioli in Marinara Sauce

OR Crispy Chicken Strips  
Seasoned Green Beans  
Buttered Pasta  
Chocolate Pudding  
Milk, Fruit & Veggie Bar

County Fair Corn Dog

OR Chicken Popcorn Bites  
  
Crinkle Cut French Fries  
Pretzels  
Milk, Fruit & Veggie Bar

## PRICES

Regular	\$3.10
Reduced	\$1.15
Adult	\$3.10
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  
sundbre@raymond.k12.wi.us or  
262-864-2105

