



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

October
2018

MONDAY

1
County Fair Corn Dog
OR Crispy Chicken Strips
Mashed Potatoes & Gravy
Dinner Roll
Fruit & Veggie Bar

TUESDAY

2
Spaghetti with Meatballs
OR Cheeseburger with Pickles
Buttered Carrots
Caesar Salad, Breadstick
Rice Krispie Treat
Fruit & Veggie Bar

WEDNESDAY

3
National Pizza Month!
Chef Anthony preparing
PERSONAL PIZZAS
OR Grilled Chicken
Sandwich with Pickles
Shoestring French Fries
Fresh Pears, Pretzels
Fruit & Veggie Bar

THURSDAY

4
National Taco Day!
Walking Tacos with
Cheese & Sour Cream
OR Crispy Chicken
Sandwich with Pickles
Refried Beans,
Steamed Rice
Bread, Fruit & Veggie Bar

FRIDAY

5
Pancakes with Syrup
Sausage Links
Or Tasty Chicken Nuggets
Potato Smiles
Strawberries
Bread, Fruit & Veggie Bar

8
Salisbury Steak with Gravy
OR Popcorn Chicken Bites
Mashed Potatoes & Gravy
Dinner Roll
Fruit & Veggie Bar

9
Beefy Nachos with Sour
Cream & Salsa
OR Oven Roasted Mini
Corn Dogs
Buttered Corn
Cinnamon Churro
Bread, Fruit & Veggie Bar

10
National Pizza Month!
Homemade Pepperoni
Pizza
OR BBQ Pork Riblet with
Pickles
Shoe String French Fries
Lettuce Salad with Ranch
Bread, Fruit & Veggie Bar

11
Ham & Cheese Stromboli
with Marinara Sauce
OR Crispy Chicken
Sandwich with Pickles
Seasoned Green Beans
Caesar Salad
Popcorn, Fruit & Veg Bar

12
Meatball Bomber Sub
OR Tasty Chicken Strips
Buttered Corn
Onion Rings, Pretzels
Fruit & Veggie Bar

15
County Fair Corn Dog
OR Crispy Chicken Strips
Side of Mac & Cheese
Steamed Broccoli
Dinner Roll
Fruit & Veggie Bar

16
Homemade Lasagna
OR Oven Roasted Mini
Corn Dogs
Seasoned Corn
Broccoli Salad
Garlic Toast
Fruit & Veggie Bar

17
National Pizza Month!
Homemade Cheese Pizza
OR Italian Sub Sandwich
with Pickles
Crinkle Cut French Fries
Caesar Salad
Bread, Fruit & Veg Bar

18
National Pretzel Month!
Roasted Turkey & Gravy
OR Oven Roasted Mini
Corn Dogs
Mashed Potatoes & Gravy
Cinnamon Pretzel Bites
Cranberry, Fruit & Veg Bar

19
French Toast Sticks with
Syrup, Scrambled Eggs
OR Crispy Chicken
Sandwich with Pickles
Potato Triangle, Juice Cup
Bread, Fruit & Veggie Bar

22
Toasted Cheese Sandwich
OR Cheeseburger with
Pickles
Crinkle Cut French Fries
Goldfish Crackers
Fruit & Veggie Bar

23
HOM ~ BEETS
Beefy Raviolis in Marinara
Sauce
OR Crispy Chicken Strips
Seasoned Green Beans
Buttered Pasta
Chocolate Beet Cake
Fruit & Veggie Bar

24
National Pizza Month!
Homemade Cheese Pizza
OR Crispy Chicken Wrap
Buttered Carrots
Caesar Salad
Cranberry Pear Salad
Bread, Fruit & Veggie Bar

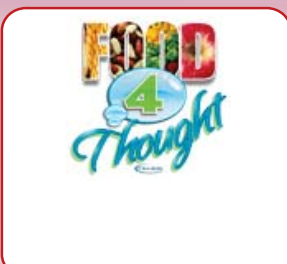
25
Beefy Nachos with Sour
Cream & Salsa
OR Oven Roasted Mini
Corn Dogs
Buttered Corn
Cinnamon Churro
Bread, Fruit & Veggie Bar

26
Mozzarella Cheese
Dippers, Marinara Sauce
OR BBQ Pork Riblet
Sandwich with Pickles
Shoe String French Fries
Bread, Fruit & Veggie Bar

29
Salisbury Steak with Gravy
OR Popcorn Chicken Bites
Mashed Potatoes & Gravy
Dinner Roll
Fruit & Veggie Bar

30
HOM ~ PEARS
Pancakes with Syrup
Sausage Links
Or Tasty Chicken Nuggets
Potato Triangle
Cardamon Pear Crisp
Bread, Fruit & Veggie Bar

31
National Pizza Month!
Homemade Cheese Pizza
OR Grilled Chicken
Sandwich with Cheese &
Pickles
Crinkle Cut French Fries
Pretzels
Fruit & Veggie Bar



Regular	\$3.10
Reduced	\$1.15
Adult	\$3.15
Student Milk	\$0.10



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

