



Don't forget
to eat your
vegetables.

North Cape Lunch Menu

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

October
2017

MONDAY

2
County Fair Corn Dog

OR Tasty Chicken Strips
Soft Pan Roll

Cheesy Mac & Cheese
Dinner Roll
Fruit & Veggie Bar

TUESDAY

3
Tony's Cheese Pizza

OR Meatball Bomber Sub

Buttered Green Beans
Caesar Salad, Bread
Fruit & Veggie Bar

WEDNESDAY

4
Chicken Fried Rice

OR Cheeseburger with
Lettuce, Tomatoes, Pickle

Stir Fried Vegetables
Fortune Cookie, Bread
Fruit & Veggie Bar

THURSDAY

5
Soft or Hard Shell Beef
Tacos with Lettuce, Salsa
Cheese & Sour Cream

OR Oven Roasted Mini
Corn Dogs
Refried Beans, Corn
Bread, Fruit & Veggie Bar

FRIDAY

6
HOM ~ Cinnamon
Pancakes, Syrup with
Scrambled Eggs
OR Grilled Chicken
Sandwich, Lettuce, Pickle,
Tomatoes
Warm Cinnamon Apples
Potato Triangle, Biscuit
Fruit & Veggie Bar

9
Salisbury Steak

OR Popcorn Chicken Bites

Mashed Potatoes & Gravy
Buttered Green Peas
Bread, Fruit & Veggie Bar

10
Spaghetti with Meatballs

OR Oven Roasted Mini
Corn Dogs
Seasoned Green Beans
Caesar Salad, Breadstick
Fruit & Veggie Bar

11
Beefy Nachos with Sour
Cream & Salsa

OR Breaded Chicken
Sandwich, Lettuce, Pickle
and Tomatoes
Buttered Corn, Churro

12
Homemade Cheese Pizza

OR BBQ Pork Riblet
Sandwich with Pickles

Crinkle Cut French Fries
Pretzels
Fruit & Veggie Bar

13
HOM ~ Squash
Toasted Cheese Sandwich

OR Cheeseburger with
Lettuce, Tomatoes, Pickle
Creamy Squash Soup
Goldfish Crackers
Shoestring French Fries
Fruit & Veggie Bar

16
Chicken Bacon Ranch
Melt

OR Oven Roasted Mini
Corn Dogs
Roasted Broccoli
Crinkle Cut French Fries
Bread, Fruit & Veggie Bar

17
Homemade Pepperoni
Pizza
OR Grilled Chicken
Sandwich with Lettuce,
Pickle and Tomatoes
Seasoned Green Beans
Caesar Salad, Bread
Fruit & Veggie Bar

18
Turkey Pot Pie in a Bread
Bowl

OR Tasty Chicken Strips

Roasted Corn, Biscuit
Fruit & Veggie Bar
Rice Krispie Treat

19
Walking Tacos with
Cheese Sauce, Salsa &
Sour Cream

OR Roasted Hot Dog
Seasoned Carrots, Bread
Buttered Noodles
Fruit & Veggie Bar

20
Meatball Bomber Sub

OR Breaded Chicken
Sandwich with Lettuce,
Pickle and Tomatoes
Crinkle Cut French Fries
Pretzels
Fruit & Veggie Bar

23
HOM ~ Cinnamon
French Toast Sticks with
Syrup, Strawberries &
Whip Topping
OR Crispy Chicken
Nuggets
Potato Smiles
Apple Cinnamon Muffin
Fruit & Veggie Bar

24
Beefy Nachos with Sour
Cream & Salsa
OR Breaded Chicken
Sandwich with Lettuce,
Pickle and Tomatoes
Buttered Corn
Mexican Rice, Bread
Fruit & Veggie Bar

25
Mozzarella Cheese
Dippers, Marinara Sauce

OR BBQ Pork Riblet
Sandwich with Pickles
Caesar Salad
Shoe String French Fries

26
HOM ~ Squash
Oven Roasted Turkey with
Gravy

OR Cheeseburger, Lettuce
Tomatoes & Pickle
Mashed Potatoes & Gravy
Roasted Squash, Roll
Fruit & Veggie Bar

27
Roasted Hot Dog

OR Tasty Chicken Strips

Baked Beans
Potato Chips, Bread
Fruit & Veggie Bar

30
Salisbury Steak

OR Popcorn Chicken Bites

Mashed Potatoes & Gravy
Buttered Green Beans
Bread, Fruit & Veggie Bar

31
HOM ~ Squash
Homemade Lasagna

OR Oven Roasted Mini
Corn Dogs
Caesar Salad, Garlic Toast
Roasted Squash
Fruit & Veggie Bar



Choose **MyPlate.gov**



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 at 262-864-2105
or email sundbre@raymond.k12.wi.us

