



# North Cape School Lunch Menu

September  
2023

Fresh Fruits and Vegetables are available  
daily on the Fruit and Vegetable Bar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 NO SCHOOL
4 LABOR DAY	5 Max Stix Marinara Sauce  Steamed Corn Cherry Tomato Canned Fruit Fresh Fruit Milk Choice	6 Cheeseburger on a Bun  Golden French Fries Cherry Tomato Canned Fruit Fresh Fruit Milk Choice	7 Homemade Cheese Pizza  Steamed Green Beans Cherry Tomato Canned Fruit Fresh Fruit Milk Choice	8 French Toast Sticks Sausage Patty  Tater Tots Baby Carrots Canned Fruit Fresh Fruit Milk Choice
11 Hot Ham & Cheese Sandwich Kettle Potato Chips  Steamed Green Beans Baby Carrots Canned Fruit Fresh Fruit Milk Choice	12 Crispy Chicken Sandwich  Golden French Fries Baby Carrots Mixed Canned Fruit Banana Milk Choice	13 Beefy Nachos w/Cheese Sauce  Refried Beans Baby Carrots Canned Fruit Fresh Fruit Milk Choice	14 Homemade Cheese Pizza  California Blend Vegetable Baby Carrots Canned Fruit Fresh Fruit Milk Choice	15 Crispy Chicken Nuggets Dinner Roll  Mashed Potatoes Baby Carrots Canned Fruit Fresh Fruit Milk Choice
18 Cheeseburger on a Bun  Golden French Fries Broccoli Florets Canned Fruit Fresh Fruit Milk Choice	19 Pasta with Meatballs & Sauce Bread Stick  Steamed Peas Broccoli Florets Canned Fruit Fresh Fruit Milk Choice	20 Beef Hot Dog on a Bun Kettle Potato Chips  Steamed Carrots Broccoli Florets Canned Fruit Fresh Fruit Milk Choice	21 Homemade Cheese Pizza  Steamed Green Beans Baby Carrots Canned Fruit Fresh Fruit Milk Choice	22 Popcorn Chicken Dinner Roll  Mashed Potatoes Broccoli Florets Canned Fruit Fresh Fruit Milk Choice
25 Max Stix Marinara Sauce  Steamed Green Beans Red/Orange Bell Pepper Canned Fruit Fresh Fruit Milk Choice	26 Crispy Chicken Nuggets Dinner Roll  Tater Tots Red/Orange Bell Pepper Canned Fruit Fresh Fruit Milk Choice	27 Beefy Nachos w/Cheese Sauce  Refried Beans Red/Orange Bell Pepper Canned Fruit Fresh Fruit Milk Choice	28 Homemade Cheese Pizza  Steamed Broccoli Red/Orange Bell Pepper Canned Fruit Fresh Fruit Milk Choice	29 Corn Dog  Golden French Fries Red/Orange Bell Pepper Canned Fruit Fresh Fruit Milk Choice

PRICES

Student Lunch	\$3.20
Adult Lunch	\$4.65
Milk	\$0.50
Extra Entrée	\$2.50

EXTRA INFO

Milk choice of 1% White, Skim or Chocolate is included with Lunch. For questions or comments, contact Stanley Tom, Food Service Director, at s.tom@taher.com or call 262-470-1019

HARVEST OF



THE MONTH

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