

DECEMBER 2017



NORTH STAR ELEMENTARY LUNCH MENU

What is a Meal?
You must choose at least 3 of the 5 components available for the school lunch price.

A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch

Meat or meat alternate
Choice of Vegetable
Choice of Fruit
Grain/Bread
Choice of Milk
1% white, and fat-free chocolate

Weekly Vegetable Subgroups May Include:
Dark green - spinach, broccoli, romaine and spring salad
Red/Orange - carrots, sweet potatoes, tomatoes, red peppers
Beans/Peas
Starchy-white potatoes, corn, and lima beans
Other Vegetables: celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

Daily Fruit Selection May Include:
oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

Daily Entree Options may include:

PB&J Sandwich with String Cheese & Graham Snack

Grilled Chicken Salad w/ roll

Fruit &Yogurt Lunch Pack w/Graham Snack & String Cheese
Options also include: Milk, Fruit & Vegetable

Lunch Prices
Student \$1.65
Reduced \$.40
Adult \$3.00

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General Manager

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USDA is an equal opportunity provider and employer.

Monday



4

Chicken & Cheese Quesadilla or Nachos Grande Tortilla Chips
Featured Veggies:
Refried Beans
Tomato & Onion Salsa
Choice of Fruit
Choice of Milk

11

Chicken & Cheese On Flat Bread or Walking Taco with a Dinner Roll
Featured Veggies:
Green Beans
Spinach Salad
Choice of Fruit
Choice of Milk

18

Macaroni & Cheese with a Dorito Topping or Beef taco On a Soft Tortilla
Featured Veggies:
Refried Beans
Stewed Tomatoes
Choice of Fruit
Choice of Milk

Tuesday



5

BBQ Ham On a Bun or French Toast Sticks With Sausage Patties
Featured Veggies:
Hashbrown Potato
Fresh Cucumber Slices
Choice of Fruit
Choice of Milk

12

Hot Dog on a Roll or Hot Turkey Sandwich
Featured Veggies:
Mashed Potatoes
Green Pepper Strips
Choice of Fruit
Choice of Milk

19

Cheese Burger on a Bun or Asian Seame Chicken over Rice
Featured Veggies:
Steamed Broccoli
Carrot Sticks
Choice of Fruit
Choice of Milk

Wednesday



6

Chicken Patty on a Bun or Beef & Cheese Lasagna
Garlic bread Stick
Featured Veggies:
Steamed Corn
Romaine Salad
Choice of Fruit
Choice of Milk

13

Toasted Cheese Sandwich or Beef & Mac
Garlic Bread Stick
Featured Veggies:
Tomato Soup
Corn Salad
Choice of Fruit
Choice of Milk

20

Apple BBQ Pork On a Bun or Chicken & Gravy over a Biscuit
Featured Veggies:
Mashed Potatoes
Fresh Cucumber Slices
Choice of Fruit
Choice of Milk

Thursday



Try Them! Try Them!
You will Like Them!

7

Blackbean Shaker Salad
Garlic Bread Stick or Italian Dunkers with Sauce
Featured Veggies:
Cherry Tomatoes
Roasted Zucchini
Choice of Fruit
Choice of Milk

14

Christmas Dinner Oven Baked Ham
WASHED POTATOES
Gravy with a Dinner Roll
Featured Veggies:
Holiday Surprise
Green Beans
Choice of Fruit
Choice of Milk

21

Hot Ham & Cheese On a Pretzel Roll or Spaghetti & Meatsauce
Garlic Bread Stick
Featured Veggies:
Yellow Beans
Romaine Salad
Choice of Fruit
Choice of Milk

Friday

1
Hot Ham and Cheese On a Pretzel Roll or Popcorn Chicken with a Dinner Roll
Featured Veggies:
Celery Sticks with Ranch
SUNSHINE POTATOES
Choice of Fruit
Choice of Milk

8

Italian Meatballs & Cheese on a Roll or Chicken Nuggets with a Dinner Roll
Featured Veggies:
Oven Fries
Red Pepper Strips
Choice of Fruit
Choice of Milk

15

Turkey & Cheese Melt on a Croissant or Chicken Mashed Potato Bowl with a Dinner Roll
Featured Veggies:
Mashed Potatoes
Steamed Corn
Choice of Fruit
Choice of Milk

22

Corn Dog or Pepperoni Pizza
Oven Browned Sweet Potato
Featured Veggies:
Cherry Tomatoes
Roasted Zucchini
Choice of Fruit
Choice of Milk