

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, fat-free white, chocolate, vanilla and strawberry

Weekly Vegetable Subgroups May Include:

- Dark Green - spinach, broccoli, romaine and spring salad
- Red/Orange - carrots, sweet potatoes, tomatoes and red peppers
- Legumes - beans and peas
- Starchy - potatoes, corn, peas & lima beans
- Other Vegetables - celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage and green peppers

Daily Fruit Selections

May Include:
 oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple and mandarin oranges

BRAVO STATION

- Monday - Chicken Patty on a Bun
- Tuesday - Cheese Burger on a Bun
- Wednesday Chicken Nuggets with Roll
- Thursday - BBQ Rib on a Bun
- Friday - Spicy Chicken Patty on a Bun

UP FOR GRABS

Salads Entree with Roll

- Monday - Chopped Garden Salad
- Tuesday - Chef Salad
- Wednesday - Chicken Caesar Salad
- Thursday - Strawberry Spinach Salad
- Friday - Crispy Chicken Salad

Sandwiches

- Monday - Club Sandwich Wrap
- Tuesday - Ham & Cheese Hoagie
- Wednesday - Italian Wrap
- Thursday - Turkey & Cheese Flat Bread
- Friday - Buffalo Chicken Wrap

Pizza

- Monday - Stuffed Crust
- Tuesday - Cheese
- Wednesday - Buffalo Chicken
- Thursday - Pepperoni
- Friday - French Bread



Lunch Prices
 Student \$1.75
 Reduced \$.40
 Adult \$3.00

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USDA is an equal opportunity provider and employer.



Metz
 CULINARY MANAGEMENT

**North Star Secondary
 January Lunch Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
PABLONO'S MEXICAN BAR CHOICE OF TACO MEAT - SEASONED CHICKEN - NACHOS - TACO				
		Chicken Mash Potato Bowl with a Dinner Roll Featured Veggies: Steamed Corn Cucumber Salad Choice of Fruit Choice of Milk	French Toast Sticks With Breakfast Ham Featured Veggies: Hash Brown Potato Fresh Cucumber Slices Grapefruit Choice of Milk	Grilled BBQ Chicken & Bacon On a Bun Featured Veggies: Sweet Potato Fries Romaine Salad Choice of Fruit Choice of Milk
8	9	10	11	12
BRUNCH BAR CHOICE OF FRENCH TOAST STICKS - PANCAKES-EGGS-SAUSAGE-BACON-HAM-HOMEFRIES-HASHBROWN				
Italian Meatballs & Cheese On a Roll Featured Veggies: Oven Fries Roasted Zucchini Choice of Fruit Choice of Milk	Nachos Grande Tortilla Chips Featured Veggies: Tomato & Onion Salsa Spinach Salad Choice of Fruit Choice of Milk	Hot Turkey Sandwich Featured Veggies: Mashed Potatoes Green Pepper Strips Choice of Fruit Choice of Milk	Texas Toasted Cheese Sandwich Featured Veggies: Tomato Soup Tater Tots Choice of Fruit Choice of Milk	BBQ Ribby On a Bun Featured Veggies: Roasted Sweet Potatoes Chick Pea Salad Choice of Fruit Choice of Milk
15	16	17	18	19
PASTA BAR CHOICE OF MEAT SAUCE - CHICKEN ALFREDO - MARINARA SAUCE-GARLIC BREAD STICKS				
 No School Act 80 Day	Beef Taco On a Soft Tortilla Featured Veggies: Refried Beans Stewed Tomatoes Choice of Fruit Choice of Milk	Buffalo Chicken Mac & Cheese Featured Veggies: Steamed Broccoli Cucumber Salad Choice of Fruit Choice of Milk	Cowboy Burger Cheese, Onion Rings, BBQ Sauce Featured Veggies: Curley Fries Steamed Corn Choice of Fruit Choice of Milk	Apple BBQ Pork Taco On a Soft Tortilla Featured Veggies: Cucumber Salad Steamed Carrots Choice of Fruit Choice of Milk
22	23	24	25	26
WOK n ROLL BAR CHOICE OF SWEET & SOUR CHICKEN - SESAME CHICKEN - BEEF & BROCCOLI - RICE - NOODLES				
Ranchero Toaster Sandwich Featured Veggies: Tater Tots Cherry Tomatoes Choice of Fruit Choice of Milk	Toasted Spicy Chicken Quesadilla Featured Veggies: Refried Beans Green Pepper Strips Choice of Fruit Choice of Milk	Chicken in Gravy Over a Biscuit Featured Veggies: Mashed Potatoes Caesar Salad Choice of Fruit Choice of Milk	Philly Steak & Cheese On a Roll Featured Veggies: Potato Wedges Red Pepper Strips Choice of Milk	Pepperoni Roll with Sauce Featured Veggies: Oven Brownd Sweet Potato Cucumber Slices Choice of Fruit Choice of Milk
29	30	31		
JACKED UP FRIES FEATURING A WIDE VARIETY OF FLAVORFUL TOPPERS AND SAUCES				
Chicken Tender Fritters with a Dinner Roll Featured Veggies: Oven Fries Chick Pea Salad Choice of Fruit Choice of Milk	Walking Taco Pretzel Sticks Featured Veggies: Mexicala Corn Tomato & Onion Salad Choice of Fruit Choice of Milk	Waffle Sticks With Breakfast Ham Featured Veggies: Potato Triangles Ranchero Carrots Choice of Fruit Choice of Milk	 Nutritious Friends Try it Jan 4th !!	 Grapefruit are slightly sour and really juicy