

OCTOBER 2021

North Central Jr/Sr High School

All reimbursable meals are free

Monday

Tuesday

Wednesday

Thursday

Friday



BBQ Pork Rib Patty on Bun **4**
Broccoli
Au Gratin Potatoes
Fruit, Milk
Choice: Meatball Sub

Beefy Nachos/ Salsa **5**
Breadstick
Refried Beans
Sweet Potatoes
Fruit, Milk
Choice: Tenderloin on Bun

Chicken Waffle Bowl **6**
Mashed Potatoes, Gravy
Corn
Fruit, Milk
Choice: Grilled Cheese

Spaghetti / Meat Sauce/Roll **7**
Salad /Tomatoes/Ranch
Green Beans
Fruit, Milk
Choice: Chicken Patty on Bun

Pizza/ Ranch **1**
Lettuce Salad/Tomatoes
Corn
Fruit, Milk, Dessert
Choice: Corn Dog

Pizza/ Ranch **8**
Mixed Vegetables
Carrots
Fruit, Milk, Dessert
Choice: Chef Salad/ Breadstick

11

12

13

14

15

Fall Break

Sloppy Joes **18**
Fries
Mixed Vegetables
Fruit, Milk
Choice: Hot Dog on Bun

Chicken Quesadilla/ Salsa **19**
Refried Beans
Celery Sticks
Fruit, Milk
Choice: Grilled Cheese

Chicken Nuggets, Roll **20**
Mashed Potatoes, Gravy
Broccoli
Fruit, Milk
Choice: Tenderloin on Bun

Hamburger on Bun **21**
Green Beans
Carrots
Fruit, Milk
Choice: Meatball Sub

Pizza/Ranch **22**
Lettuce Salad/Tomatoes
Sweet Potatoes
Fruit, Milk, Apple Crisp
Choice: Cheeseburger Mac + Dinner Roll

Spicy Chicken Patty **25**
Broccoli
Baked Beans
Fruit, Milk
Choice: Chicken Patty on Bun

Chicken Noodle Soup/crackers **26**
Cheese stuffed breadstick
Carrots
Green Beans
Fruit, Milk
Choice: Grilled Cheese

Turkey Manhattan **27**
Mashed Potatoes
Peas
Fruit, milk
Choice: Pork Rib Patty on Bun

Chicken Tenders/ Roll **28**
Romaine Salad / Tomatoes
Corn
Fruit, Milk
Choice: Tenderloin on Bun

FrankenBurger **29**
Freaky Fries Happy
Creepy Carrots Halloween
Frightful Fruit, Monster Milk
Grave Digger Dessert
Choice: Haunted Hot Dog

Offer vs Serve is available again this year. Student may choose only 3 components to qualify as a reimbursable meal as long as they take ½ C fruit or vegetable and 2 full components. See guidelines in cafeteria. Virtual students may order pick up meals. See website for details. Menu is subject to change. This institution is an equal opportunity employer and provider.