



Northern Ozaukee Middle Lunch Menu

Don't forget eat your Vegetables

October 2020

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|--|
|  <p>Choose MyPlate.gov</p> |  | | <p>1</p> <p>Italian Meatball Sub Corn Kettle Potato Chips</p> <p>Crispy Chicken Sandwich Golden French Fries</p> <p>Canned Fruit 1% Milk</p> | <p>2</p> <p>Cheese Bread Pasta with Meat Sauce California Blend Vegetable</p> <p>Cheese Pizza Sausage & Pepperoni Pizza</p> <p>Canned Fruit 1% Milk</p> |
| <p>5</p> <p>Meatballs and Gravy Egg Noodles Garlic & Herb Broccoli Whole Grain Dinner Roll</p> <p>Crispy Chicken Nuggets Golden French Fries</p> <p>Canned Fruit 1% Milk</p> | <p>6</p> <p>Crispy Chicken Sandwich French Toast Sticks</p> <p>Cheese Pizza Pepperoni Pizza</p> <p>Vegetable Selection Canned Fruit 1% Milk</p> | <p>7</p> <p>Cheese Quesadilla Refried Beans Brown Rice</p> <p>Corn Dog Golden French Fries</p> <p>Canned Fruit</p> | <p>8</p> <p>BBQ Pulled Pork Sandwich Baked Beans Kettle Potato Chips</p> <p>Pepperoni Pizza Sausage Pizza</p> <p>Canned Fruit 1% Milk</p> | <p>9</p> |
| <p>12</p> <p>Chicken & Gravy Mashed Potatoes Whole Grain Dinner Roll Steamed Carrots</p> <p>Crispy Chicken Nuggets</p> <p>Canned Fruit 1% Milk</p> | <p>13</p> <p>Beef Hotdog on a Bun Macaroni & Cheese Green Beans</p> <p>Cheese Pizza Pepperoni Pizza</p> <p>Canned Fruit 1% Milk</p> | <p>14</p> <p>Pasta with Meat Sauce Garlic Toast Mediterranean Soup</p> <p>Mini Corn Dogs Golden French Fries</p> <p>Canned Fruit 1% Milk</p> | <p>15</p> <p>Turkey Deli Sub Sandwich Kettle Potato Chips Vegetable Selection</p> <p>BBQ Rib Sandwich Golden French Fries</p> <p>Canned Fruit 1% Milk</p> | <p>16</p> <p>Cheese Pizza Garlic & Herb Broccoli</p> <p>Cheeseburger on Bun Golden French Fries</p> <p>Canned Fruit 1% Milk</p> |
| <p>19</p> <p>Salisbury Steak Garlic Mashed Potato Whole Grain Dinner Roll Garlic & Herb Broccoli 1% Milk</p> <p>Crispy Chicken Sandwich Golden French Fries</p> <p>Canned Fruit 1% Milk</p> | <p>20</p> <p>Crispy Chicken Nuggets Golden French Fries Baked Beans</p> <p>Cheese Pizza Pepperoni Pizza</p> <p>Canned Fruit 1% Milk</p> | <p>21</p> <p>Beefy Nachos w/Cheese Sauce</p> <p>Refried Beans Brown Rice</p> <p>Cheeseburger on Bun Golden French Fries</p> <p>Canned Fruit 1% Milk</p> | <p>22</p> <p>Chicken Bacon Ranch Melt Steamed Carrots</p> <p>Sausage Pizza Pepperoni Pizza</p> <p>Canned Fruit 1% Milk</p> | <p>23</p> <p>French Bread Pizza Corn</p> <p>Crispy Chicken Nuggets Golden French Fries</p> <p>Canned Fruit 1% Milk</p> |
| <p>26</p> <p>Meatballs and Gravy Garlic Mashed Potato Green Beans Whole Grain Dinner Roll</p> <p>Crispy Chicken Sandwich Golden French Fries</p> <p>Canned Fruit 1% Milk</p> | <p>27</p> <p>Mini Corn Dogs Golden French Fries Baked Beans</p> <p>Cheese Pizza Pepperoni Pizza</p> <p>Canned Fruit 1% Milk</p> | <p>28</p> <p>Grilled Ham & Cheese Sandwich Homemade Tomato Soup</p> <p>Cheeseburger on Bun Golden French Fries</p> <p>Canned Fruit 1% Milk</p> | <p>29</p> <p>Sloppy Joe on a Bun Kettle Potato Chips Garlic & Herb Broccoli</p> <p>Crispy Chicken Nuggets Golden French Fries</p> <p>Canned Fruit 1% Milk</p> | <p>30</p> |

INFORMATION

EXTRA INFO

1% White milk is included with Breakfast and lunch.
All children 18 and under free
For questions or comments, contact
Dewayne McFadden at 262-692-2453 X414
or email dmcfadden@nosd.edu

HARVEST OF



THE MONTH

All the menu information on our app **Taher Food4Life®**



www.taher.com

Menus are subject to change without notice.