



Northern Ozaukee School District High School Lunch Menu

Fresh Fruits and Vegetables are offered with all Meals

October
2021

FOOD4LIFE® APP • All the MENUS and more! • DOWNLOAD NOW

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

EXTRA INFO

- 1 Creation Station** Loaded Fry Bar
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza
- Diner Station** Spicy Chicken Sandwich
- Grab n Go** Turkey BLT Wrap
- Fruit & Veg Choices** Golden French Fries, Broccoli Florets, Craisins, Mixed Canned Fruit

Harvest of the Month



Milk choice of 1% White or Skim Chocolate is included with lunch.

For questions please contact
Tracy Sudik, Food Service Director
262-692-2453 Ext 414

Menus are subject to change without notice. This institution is an equal opportunity provider.





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4
MONDAY

- Creation Station** Max Stix, Marinara Sauce
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza
- Diner Station** Hot Ham & Cheese Sandwich
- Grab n Go** Grilled Chicken Salad, Whole Grain Dinner Roll
- Fruit & Veg Choices** Green Beans, Celery Sticks, Fresh Apple, Sliced Pears

7
THURSDAY

- Creation Station** Turkey Deli Sub Sandwich, Kettle Potato Chips
- Pizza Parlor** Cheese Pizza, Sausage Pizza
- Diner Station** Crispy Chicken Sandwich
- Grab n Go** Turkey Deli Sub Sandwich
- Fruit & Veg Choices** Baked Beans, Coleslaw, Fresh Apple, Sliced Peaches

5
TUESDAY

- Creation Station** Chicken Alfredo w/Pasta, Garlic Breadstick
- Pizza Parlor** Cheese Pizza, Sausage Pizza
- Diner Station** Cheeseburger on Bun
- Grab n Go** Chef Salad, Whole Grain Dinner Roll
- Fruit & Veg Choices** Roasted Broccoli, Baby Carrots, Fresh Grapes, Diced Pears

8
FRIDAY

No School

6
WEDNESDAY

- Creation Station** Wing Bar, Whole Grain Dinner Roll
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza
- Grab n Go** Cravin Craisin Salad, Whole Grain Dinner Roll
- Diner Station** Oven Roasted Brat on a Bun
- Fruit & Veg Choices** Golden French Fries, Red Peppers, Banana, Mixed Canned Fruit

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MONDAY

- Creation Station** Double Burger Bar
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza
- Diner Station** Spicy Chicken Patty on Bun
- Grab n Go** Chef Salad, Whole Grain Dinner Roll
- Fruit & Veg Choices** Golden French Fries, Romaine Mix Salad, Orange Halves, Applesauce

14

THURSDAY

- Creation Station** Chicken Bacon Ranch Melt, Scrambled Egg
- Pizza Parlor** Cheese Pizza, Sausage Pizza
- Diner Station** BBQ Rib Sandwich
- Grab n Go** PB & J Sandwich
- Fruit & Veg Choices** Mixed Vegetables, Cucumber Slices, Fresh Apple, Sliced Peaches

12

TUESDAY

- Creation Station** Popcorn Chicken Bowl, Whole Grain Dinner Roll
- Pizza Parlor** Cheese Pizza, Sausage Pizza
- Diner Station** Bacon Cheeseburger
- Grab n Go** Turkey Deli Sandwich
- Fruit & Veg Choices** Mashed Potatoes, Roasted Corn, Cherry Tomato, Banana, Diced Pears

15

FRIDAY

- Creation Station** French Bread Pizza
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza
- Diner Station** Crispy Chicken Tenders
- Grab n Go** Yogurt Pak with Bagel
- Fruit & Veg Choices** Steamed Green Beans, Broccoli Florets, Fresh Pear, Craisins

13

WEDNESDAY

- Creation Station** Nacho Bar, Spanish Rice
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza
- Diner Station** Mini Corn Dogs
- Grab n Go** Grilled Chicken Salad, Whole Grain Dinner Roll
- Fruit & Veg Choices** Refried Beans, Baby Carrots, Orange Halves, Mixed Canned Fruit

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MONDAY

- Creation Station** Roast Turkey & Gravy, Whole Grain Dinner Roll
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza
- Diner Station** Beef Hotdog on a Bun
- Grab & Go** Beef Taco Salad
- Fruit & Veg Choices** Mashed Potatoes, Celery Sticks, Orange Halves, Sliced Pears

21

THURSDAY

- Creation Station** Sloppy Joe on a Bun, Kettle Potato Chips
- Pizza Parlor** Cheese Pizza, Sausage Pizza
- Diner Station** Spicy Chicken Patty on Bun
- Grab n Go** Ham Deli Sandwich
- Fruit & Veg Choices** Baked Beans, Radish, Fresh Apple, Sliced Peaches

19

TUESDAY

- Creation Station** Pasta Bar, Garlic Toast
- Pizza Parlor** Cheese Pizza, Sausage Pizza
- Diner Station** Hot Ham & Cheese Panini
- Grab n Go** PB & J Sandwich
- Fruit & Veg Choices** Glazed Carrots, Romaine Mix Salad, Fresh Grapes, Sliced Peaches

22

FRIDAY

- Creation Station** Loaded Fry Bar, Whole Grain Dinner Roll
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza
- Diner Station** Oven Roasted Brat on a Bun
- Grab n Go** Yogurt Pak with Pretzel Bites
- Fruit & Veg Choices** Mashed Potatoes, Baby Carrots, Craisins, Pineapple Tidbits

20

WEDNESDAY

- Creation Station** Wing Bar
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza
- Diner Station** Popcorn Chicken
- Grab n Go** Mini Corn Dogs
- Fruit & Veg Choices** Steamed Corn, Red Peppers, Fresh Apple, Mixed Canned Fruit

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MONDAY

- Creation Station** Chicken Parmesan w/Pasta, Garlic Breadstick
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza
- Diner Station** Mini Corn Dogs
- Grab n Go** Garden Salad, Whole Grain Dinner Roll
- Fruit & Veg Choices** Green Beans, Lettuce Romaine Mix, Fresh Orange Wedges, Applesauce

28

THURSDAY

- Creation Station** BBQ Pulled Pork Sandwich, Kettle Potato Chips
- Pizza Parlor** Cheese Pizza, Sausage Pizza
- Diner Station** Crispy Chicken Sandwich
- Grab n Go** Cravin Craisin Salad, Whole Grain Dinner Roll
- Fruit & Veg Choices** Steamed Corn, Cucumber Slices, Fresh Apple, Sliced Peaches

26

TUESDAY

- Creation Station** Macaroni & Cheese, Whole Grain Dinner Roll
- Pizza Parlor** Cheese Pizza, Sausage Pizza
- Diner Station** Crispy Chicken Nuggets
- Grab n Go** Turkey Deli Sandwich
- Fruit & Veg Choices** Roasted Broccoli, Cherry Tomato, Banana, Mixed Canned Fruit

29

FRIDAY

No School

27

WEDNESDAY

- Creation Station** Taco Bar, Spanish Rice
- Pizza Parlor** Cheese Pizza, Pepperoni Pizza
- Diner Station** Cheeseburger on Bun
- Grab n Go** Chef Salad, Whole Grain Dinner Roll
- Fruit & Veg Choices** Refried Beans, Baby Carrots, Orange Halves, Applesauce

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