

NOME-BELTZ HIGH SCHOOL



LUNCH SEPTEMBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday
HAPPY LABOR DAY	4 Shepherd's Pie or Macaroni and Cheese w/ Diced Ham Carrots Peaches	5 Pizza! Pizza! Pizza! Day! Broccoli Pears	6 Potato Bowl w/ Choice or Beef or Chicken w/ Gravy California Veggie Blend Mandarin Oranges	7 BBQ Pork or Chicken Quesadilla Green Beans Mixed Fruit
10 Cajun Sausage & Red Beans or Beef Tips served over Rice German Veggie Blend Pineapple	11 Corn Dog or Hot Dog w/ Potato Wedges Prince William Veggie Blend Tropical Fruit	12 Breakfast for Lunch! Lunch Minimum Day	13 Spaghetti w/ Choice of: Meat Sauce or Chicken Tetrazzini Italian Veggie Blend Strawberries	14 Open Faced Turkey Sandwich or Salisbury Steak w/ Mashed Potatoes Corn Mixed Fruit
17 Sloppy Joe or Grilled Cheese Sandwich Peas & Carrots Peaches	18 Pork Chalupa or Beef & Bean Burrito w/ Spanish Beans	19 Nachos or Chicken Burger Peas & Carrots Pears	20 Taco Salad or Salmon Wrap California Veggie Blend Cinnamon Apples	21 Fish Stick Tacos or Oriental Chicken Salad Germany Veggie Blend Mixed Fruit
24 Baked Potato Day Choice of: Chili or Broccoli Prince William Veggie Blend Blueberries	25 Beef & Bean Burrito or Chicken Fajitas Green Beans Peaches	26 Seafood Chowder w/ Dinner Roll or Meatball Sub Corn Applesauce	27 Beef Stew w/ Biscuits or Ham & Cheese Melt Corn Cinnamon Apples	28 Fried Rice with Choice of: Sweet & Sour Chicken or Teriyaki Chicken Stir-Fry Vegetables

SALAD BAR



Students are required to select at least three of the five offerings:

PROTEIN + GRAIN + VEGETABLE
FRUIT + MILK

ONE OF THESE SELECTIONS MUST BE A FRUIT OR VEGETABLE

APPLES
ORANGES
PEACHES
PEARS
APPLESAUCE
MIXED FRUIT

CAULIFLOWER
GARBANZO BEANS
BLACK BEANS
KIDNEYS BEANS
PASTA SALAD
ROASTED VEGGIES
SEASONAL FRUIT

BROCCOLI
CARROTS
ROMAINE
SPINACH
CELERY
TOMATO



SERVED DAILY



Low-Fat Milk
Water

Menu subject to change.
This institution is an equal opportunity employer.