



# NORD COUNTRY SCHOOL

2022-2023

## October

### \*Breakfast Menu K-8th\*

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Sandwich Fruits & Juices	French Toast Sticks Fruits & Juices	Whole Grain Donut Fruits & Juices	Eggs & Biscuit Fruits & Juices	Assorted Muffins Fruits & Juices

### \*\*School Lunch Menu K-8th\*\*

Monday	Tuesday	Wednesday	Thursday	Friday
3 <b>SPAGHETTI BAKE</b> Garlic Bread Salad Bar	4 <b>BEAN &amp; CHEESE BURRITO</b> Taco Chips Salad Bar	5 <b>BBQ HOT DOGS</b> Watermelon Fruit & Veggie Bar	6 <b>PAPA MURPHY'S PIZZA</b> Fruit & Veggie Bar	7 <b>CHICKEN PATTY SAMMY</b> Fries Salad Bar
10 <b>CORNDOG</b> Cheesy Tater Tots Salad Bar	6 <sup>th</sup> , 7 <sup>th</sup> , 8 <sup>th</sup> request 11 <b>PIZZA ENCHILADAS</b> Green Beans Fruit & Veggies Bar	12 <b>CHEESEBURGER</b> Chips Watermelon Fruit & Veggie Bar	13 <b>PAPA MURPHY'S PIZZA</b> Fruit & Veggie Bar	14 <b>SALAMI &amp; CHEESE HOAGIES</b> Chips/Dip Salad Bar
17 <b>MAC N CHEESE</b> Bread sticks Fruit & Veggie Bar	18 <b>TACO POCKETS</b> Lettuce/tomatoes Fruit & Veggie Bar	19 <b>BBQ CHICKEN SAMMY</b> Pickles Chips Salad Bar	20 <b>PAPA MURPHY'S PIZZA</b> Fruit & Veggie Bar	21 <b>BAKED CHICKEN LEGS</b> Mashed potatoes Gravy & corn Fruit & Veggie Bar
K, 1 <sup>st</sup> , 2 <sup>nd</sup> request 24 <b>CHICKEN FINGERS</b> French Fries Fruit & Veggie Bar	3 <sup>rd</sup> , 4 <sup>th</sup> , 5 <sup>th</sup> request 25 <b>TAQUITOS</b> Beans & Rice Fruit & Veggie Bar	26 <b>BBQ HAMBURGER</b> Chips Watermelon Salad Bar	27 <b>PAPA MURPHY'S PIZZA</b> Fruit & Veggie Bar	28 <b>CHICKEN RICE SOUP</b> Biscuits Salad Bar
31 <b>CHICKEN ALFREDO NOODLES</b> Garlic Breadstick Fruit & Veggie Bar				

\*\*1% unflavored Milk and Fruit or Juice offered daily with Breakfast

\*\*1% unflavored & low-fat Flavored Milks offered daily with Lunch

\*\*Fruit and Veggie Bar offered daily

\*\* MENU SUBJECT TO CHANGE

