



2019 Lunch



Northwest Catering
Taking Nutrition to A Tasty Level!

Happy Holidays

	1	2	3	4
7 	8 Cheese Pizza Diced Carrots Mixed Veggies Ranch Dressing Fruit Variety Choice of Milk	9 Taco Salad w/ ground Turkey Green Peas Chocolate Chip Cookie Fruit Variety Choice of Milk	10 Chicken Fingers Steamed Broccoli Tasty Tots Ketchup Fruit Variety Choice of Milk	11 Chicken Nuggets over white Rice Veggie Baked Beans Baby Carrots Ranch Dressing Ketchup Fruit Variety Choice of Milk
14 Hamburger Tasty Tots Pickles Ketchup Fruit Variety Choice of Milk	15 Chicken Fajita Steamed Broccoli Chocolate Chip Cookie Fruit Variety Choice of Milk	16 Chicken Sandwich Veggie Baked Beans Mixed Salad Ketchup Fruit Variety Choice of Milk	17 Spaghetti & Meatballs Green Beans Carrot Coins Fruit Variety Choice of Milk	18 Cheese Pizza Diced Carrots Mixed Veggies Ranch Dressing Fruit Variety Choice of Milk
21 	22 BBQ Chicken Sandwich Tasty Tots Green Beans Ketchup Fruit Variety Choice of Milk	23 Turkey Dog Steamed Broccoli French Fries Ketchup/Mustard Fruit Variety Choice of Milk	24 Popcorn Chicken Baked Veggie Beans Corn Nibbles Ketchup Fruit Variety Choice of Milk	25 Cheese Pizza Diced Carrots Mixed Veggies Ranch Dressing Fruit Variety Choice of Milk
28 Cheeseburger French Fries Pickles Ketchup Fruit Variety Choice of Milk	29 Chicken Nuggets over white Rice Veggie Baked Beans Baby Carrots Ketchup Ranch Dressing Fruit Variety Choice of Milk	30 Taco Salad w/ ground Turkey Green Peas Chocolate Chip Cookie Fruit Variety Choice of Milk	31 Chicken Fingers Steamed Broccoli Tasty Tots Ketchup Fruit Variety Choice of Milk	

Make sure to take your milk, the choice

is yours

1 % White or Fat Free Chocolate

****This institution is an equal opportunity provider****



**"Intelligence plus character—that is the goal of true education."
-Martin Luther King, Jr.**



Zachary's summer blog



2019 Breakfast



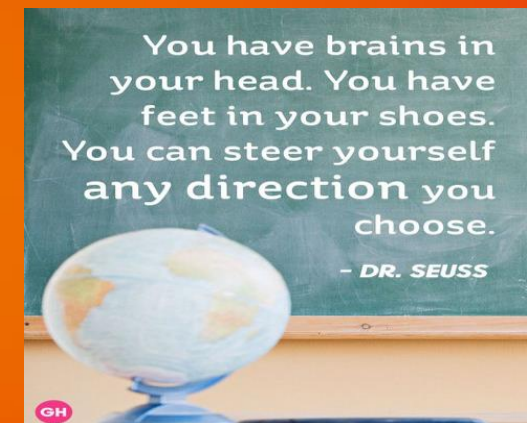
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	1	2	3	4
Happy Holidays				
7 	8 Double Chocolate Oatmeal Bar Grahams Bug Bites Fruit Variety Choice of Milk	9 Banana Muffin Cocoa Puff Cereal Bar Fruit Variety Choice of Milk	10 Breakfast Bun Fruit Variety Choice of Milk	11 Yogurt Cup w/ Granola Fruit Variety Choice of Milk
14 Cocoa Puff Cereal Fruit Variety Choice of Milk	15 Breakfast Donut Fruit Variety Choice of Milk	16 Apple Jacks String Cheese Fruit Variety Choice of Milk	17 Blueberry Muffing Bug Bites Grahams Fruit Variety Choice of Milk	18 Cinnamon Raisin Bagel w/ cream cheese Fruit Variety Choice of Milk
21 	22 Double Chocolate Oatmeal Bar Grahams Bug Bites Fruit Variety Choice of Milk	23 Banana Muffin Cocoa Puff Cereal Bar Fruit Variety Choice of Milk	24 Breakfast Bun Fruit Variety Choice of Milk	25 Yogurt Cup w/ Granola Fruit Variety Choice of Milk
28 Cocoa Puff Cereal Fruit Variety Choice of Milk	29 Breakfast Donut Fruit Variety Choice of Milk	30 Apple Jacks String Cheese Fruit Variety Choice of Milk	31 Blueberry Muffing Bug Bites Grahams Fruit Variety Choice of Milk	

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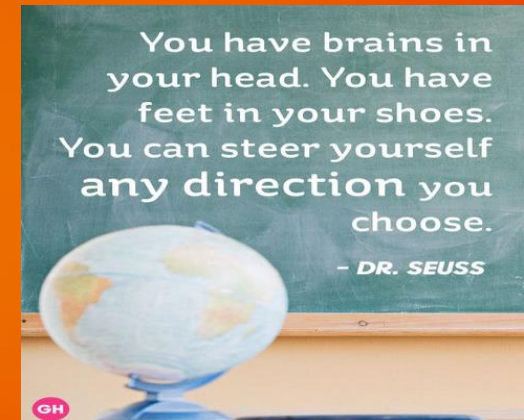
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	1	2	3	4
Happy Holidays				
7 	8 Barra De Avena Doble Chocolate Las picaduras de insectos Grahams Variedad De Frutas Elección de leche	9 Muffin De Plátano Cocoa Puff Cereal Bar Variedad De Frutas Elección de leche	10 Desayuno Bun Variedad De Frutas Elección de leche	11 Copa de yogur con granola Variedad De Frutas Elección de leche
14 Cereal Hojaldrado De Cacao Variedad De Frutas Elección de leche	15 Desayuno Donut Variedad De Frutas Elección de leche	16 Apple Jacks Queso de hebra Variedad De Frutas Elección de leche	17 Muffin de arándanos Las picaduras de insectos Grahams Variedad De Frutas Elección de leche	18 Bagel con Canela y Pasas Con Queso Crema Variedad De Frutas Elección de leche
21 	22 Double Chocolate Oatmeal Bar Grahams Bug Bites Fruit Variety Choice of Milk	23 Banana Muffin Cocoa Puff Cereal Bar Fruit Variety Choice of Milk	24 Breakfast Bun Fruit Variety Choice of Milk	25 Yogurt Cup w/ Granola Fruit Variety Choice of Milk
28 Cereal Hojaldrado De Cacao Variedad De Frutas Elección de leche	29 Desayuno Donut Variedad De Frutas Elección de leche	30 Apple Jacks Queso de hebra Variedad De Frutas Elección de leche	31 Muffin de arándanos Las picaduras de insectos Grahams Variedad De Frutas Elección de leche	

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2019 Snack



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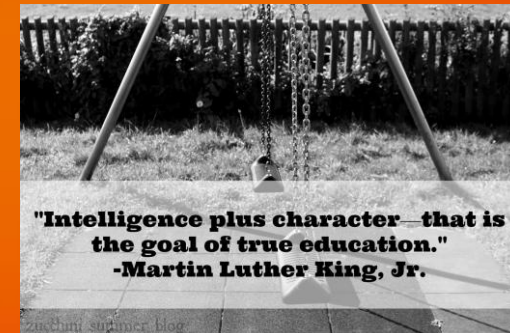
	1	2	3	4
7 	8 Honey Granola Bar Raisin Apple Juice	9 Cheez Its Fresh Banana Orange Juice	10 Banana Muffin Fresh Apple	11 Animal Cracker Fresh Orange Apple Juice
14 Baked Goldfish Crackers Craisins Orange Juice	15 Elf Grahams Cracker Fresh Orange Apple Juice	16 Sun Chips Fresh Orange Orange Juice	17 Scooby Doo Grahams Crackers Craisins Apple Juice	18 Chocolate Gripz Crackers Fresh Banana Orange Juice
21 	22 Honey Granola Bar Raisin Apple Juice	23 Cheez Its Fresh Banana Orange Juice	24 Banana Muffin Fresh Apple	25 Animal Cracker Fresh Orange Apple Juice
28 Baked Goldfish Crackers Craisins Orange Juice	29 Elf Grahams Cracker Fresh Orange Apple Juice	30 Sun Chips Fresh Orange Orange Juice	31 Scooby Doo Grahams Crackers Craisins Apple Juice	

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