

North Montgomery High School Menu



2018-2019 School Year

Be sure and get a good start to your day with Breakfast! Breakfast choices include the daily entrée, cinnamon bun, PBJ wafer, cereal or yogurt with toast or goldfish grahams.

August – October 2018

	Monday	Tuesday	Wednesday	Thursday	Friday		
Blue	Super Donut or Muffin Corndog Oven Baked Fries Baked Beans Steamed Corn Applesauce Goldfish Crackers	Breakfast Pizza Grilled or Brd. Chicken Patty Sandwich Seasoned Potato Wedges Steamed Broccoli Chilled Pears	Chicken Breakfast Sand. Salisbury Steak Warm Baked Roll Whipped Potatoes Gravy Seasoned Green Beans Chilled Mixed Fruit	Donut Holes Chicken Tacos Shredded Lettuce Diced Tomatoes Salsa Warm Apple Special Snicker Doodle Cookie	Pancake Wrap Pizza Romaine Salad Baby Carrots, Broccoli, & Red Pepper Strips Vegetable Dip Watermelon Chunks	Breakfast Components: Entrée Choice (protein and/or grains) Fruit Milk	Breakfast Meal Prices: Student \$1.10 Reduced .30 Extra Milk .40
Orange	Super Donut or Muffin Chicken Alfredo Romaine Salad Breadstick Steamed Carrots Mixed Fruit Animal Crackers	Breakfast Pizza Texas Straw Hat Refried Beans Shredded Lettuce Diced Tomatoes Chilled Pears Brownie	Chicken Breakfast Sand Chicken Bites Au Gratin Potatoes Seasoned Broccoli Fresh Orange Wedges Sliced Bread	Donut Holes Spaghetti Texas Toast Romaine Salad Seasoned Green Beans Chilled Peaches	Pancake Wrap Chicken Fajita Wrap Shredded Lettuce Diced Tomatoes Seasoned Corn Spanish Rice Applesauce	Lunch Components: Entrée Choice(protein) Fruit Vegetable Grain Milk	Lunch Meal Prices: Student \$1.75 Reduced .40 Extra Milk .40
Green	Super Donut or Muffin Hot Dog on Bun Coney Sauce Seasoned Potato Wedges Baked Beans Chilled Pears	Breakfast Pizza Toasted Cheese Sand. Chicken Noodle Soup Romaine Salad Fresh Carrots & Cucum- bers with Dip Fresh Apple Wedges	Chicken Breakfast Sand Hot Deli Sub Sandwich Seasoned Baked Fries Seasoned Corn Orange Wedges Frozen Fruit Cup Carnival Cookie	Donut Holes Brd Chicken Drumstick Warm Baked Roll Seasoned Green beans Whipped Potatoes/Gravy Chilled Peaches	Pancake Wrap Brd Mozzarella Sticks Marinara Sauce Romaine Salad Steamed Carrots Mixed Fruit		
Red	Super Donut or Muffin Crispy Chicken Tenders Macaroni & Cheese Romaine Salad Steamed Broccoli Applesauce Sliced Bread	Breakfast Pizza Beef & Cheese Burrito Lettuce & Tomatoes Refried Beans Steamed Corn Strawberries Cinnamon Bread	Chicken Breakfast Sand Popcorn Chicken Creamy Coleslaw Roasted Potatoes Celery & Carrots w/ Dip Fresh Grapes Sliced Bread	Donut Holes Turkey & Noodles Sliced Dinner Roll Whipped Potatoes Gravy Steamed Carrots Chilled Peaches	Pancake Wrap BBQ Pork Rib Sandwich Au Gratin Potatoes Seasoned Green Beans Mixed Fruit Chocolate Chip Cookie		

What Makes A Lunch?
Select 3 of the 5 Components
Protein
Fruit
Vegetable
Grain
Milk

One must include a minimum of ½ cup fruit or vegetable to count as a lunch or breakfast. Milk, Fresh Fruits, Fruit Juice and Vegetables offered daily.

This institution is an equal opportunity provider.

AUGUST	M	T	W	T	F	SEPTEMBER	M	T	W	T	F	OCTOBER	M	T	W	T	F
Blue	X	7	8	9	10	Blue	X	4	5	6	7	Blue	1	2	3	4	5
Orange	13	14	15	16	17	Orange	10	11	12	13	14	Orange	8	9	10	11	12
Green	20	21	22	23	24	Green	17	18	19	20	21	Green	X	X	X	X	X
Red	27	28	29	30	31	Red	24	25	26	27	28	Red	22	23	24	25	26
Blue						Blue						Blue	29	30	31		

Lunch Entrée Choices include the daily entrée, deli sandwich, salad bar, or yogurt with crackers.
Monday, Wednesday, & Friday: Taco Bar
Tuesday & Thursday: Baked Potato Bar
Ala Carte items are available if the student food service account is positive. Menu subject to change.

North Montgomery High School Food Service Contact:
Sandy Bradshaw (765) 362-5140 ext. 287