

# North Montgomery High School Menu



2021-2022 School Year

Be sure and get a good start to your day with Breakfast!  
For the 2021-2022 School Year Breakfast and Lunch Meals are free to all students

## March - May 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
Blue	Breakfast Round Grilled or Brd. Chicken Patty Sand. Potato Wedges Steamed Broccoli Applesauce	Sausage Biscuit Chicken Tenders with Macaroni & Cheese Baked Beans Carrots & Cucumbers with Dip, Chilled Pears Sliced Bread	Warm Donut Hamburger Sandwich Sliced Cheese, Tomato, Onion & Lettuce Oven Baked Fries Cooked Carrots Chilled Peaches	Breakfast Sand Totcho Bowl (Potato Tots, Shredded Pork topped with Cheese) Steamed Corn Fresh Orange Wedges Biscuit	Cinnamon Bun Pizza Romaine Salad Baby Carrots, Broccoli, Red Pepper Strips w/ Dip Apple Special
Orange	Breakfast Round Hot Dog on Bun Coney Sauce Seasoned Potato Wedges Baked Beans Fresh Grapes	Sausage Biscuit Chicken Bites Au Gratin Potato Seasoned Green Beans Chilled Peaches Sliced Bread	Warm Donut Toasted Cheese Sand. Chicken Noodle Soup Romaine Salad Fresh Carrots & Cucumbers with Dip Fresh Apple Wedges	Breakfast Sand Chicken Teriyaki Steamed Rice Steamed Broccoli Fresh Red Pepper Strips Pineapple Tidbits	Cinnamon Bun Beef Burrito Refried Beans Chips & Salsa Baby Carrots & Dip Chilled Pears
Green	Breakfast Round Spaghetti with Meat Sauce Romaine Salad Seasoned Green Beans Bread Stick Chilled Mixed Fruit	Sausage Biscuit Nachos Refried Beans Romaine Salad Salsa Applesauce Cookie	Warm Donut Stuffed Cheese Bread Sticks, Marinara Sauce Romaine Salad Steamed Carrots Fresh Apple Wedges Cinnamon Crackers	Breakfast Sand Turkey & Noodles Whipped Potatoes Gravy Warm Baked Roll Seasoned Green Beans Chilled Peaches	Cinnamon Bun Chicken Fajita Wrap Salsa Steamed Corn Baby Carrots & Dip Spanish Rice Chilled Pears

What Makes A Breakfast?  
Select 3 of the 4 Components  
2 Grains or 1 Grain & 1 Protein  
Fruit  
Milk  
One must include a minimum of ½ Cup Fruit to count as a Breakfast Meal.

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 Meal.

March	M	T	W	Th	F	April	M	T	W	Th	F	May	M	T	W	Th	F
Orange		1	2	3	4	Green	4	5	6	7	8	Blue	2	3	4	5	6
Green	7	8	9	10	11	Blue	11	12	13	14	15	Orange	9	10	11	12	13
Blue	14	15	16	17	18	Orange	18	19	20	21	22	Green	16	17	18	19	20
Orange	21	22	23	24	25	Green	25	26	27	28	29	Blue	23	24	25	26	27X
Spring Break	28X	29X	30X	31X	1X							Orange	30X	31X			

Lunch Entrée Choices include the daily entrée, deli sandwich, taco bar, or fresh salad entrée bowl with crackers. Potato Bar offered Tuesday & Thursday. 100% fruit juice, fresh fruit and milk offered with lunch. Breakfast includes choices of fresh fruit, raisins, fruit juice & milk.

**During Lent, fish is available on Fridays.**

We try our best to serve our menus as posted; however, sometimes last minute changes occur. Please check with the Kitchen Supervisor

prior to the meal if you have any concerns. North Montgomery High School Food Service Contact Information: Hope Shrader (765) 362-5140 ext. 287

Summer break starts May27th; have a safe and enjoyable summer!

Food Service and Nutritional Info found at: <http://www.nm.k12.in.us/parent/food-services>

This institution is an equal opportunity provider.