



2020-2021 School Year

Be sure and get a good start to your day with Breakfast!

# North Montgomery Middle School Menu

## August – September 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Blue</b>	Sausage Biscuit Grilled or Brd. Chicken Patty Sandwich Seasoned Potato Wedges Baked Beans Steamed Broccoli Applesauce	Breakfast Pizza Texas Straw Hat Shredded Lettuce Diced Tomatoes Steamed Corn Refried Beans Mixed Fruit	Powdered Donut Holes Brd Chicken Drumstick Whipped Potatoes Gravy Green Beans Chilled Peaches Dinner Roll	Honey Bun Toasted Cheese Sand. Fresh Carrots & Cucumbers with Dip Apple Special Cinnamon Goldfish Crackers	Pancake Wrap Pizza Romaine Salad Baby Carrots, Broccoli, & Red Pepper Strips Vegetable Dip Watermelon Wedge	<b>Breakfast Meal Prices:</b> Student \$1.35 Reduced .30 Extra Milk .50
	<b>Orange</b>	Sausage Biscuit Chicken Bites Au Gratin Potatoes Steamed Broccoli Baked Beans Fresh Orange Wedges Sliced Bread	Breakfast Pizza Hot Dog on Bun Coney Sauce Seasoned Potato Wedges Baked Beans Chilled Peaches Cookie	Powdered Donut Holes Deli Sub Sandwich Lettuce, Sliced Tomatoes, Onions, Red Peppers, & Cucumbers Baked Chips Chilled Pears	Honey Bun Hamburger on Bun Sliced Cheese, Tomato, Onion & Lettuce Oven Bakes Fries Carrots & Cucumber w/Dip, & Apple Wedges	

### What Makes A Breakfast?

- Select 3 of the 4 Components
- 2 Grains or 1 Grain & 1 Protein
- 1 Cup Fruit and or ½ Cup of Fruit & 1 Fruit Juice
- 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.

### To Go Meals:

- Breakfast: as stated on menu
- Lunch: Ham & Cheese Sandwich M, W, F
- Turkey & Cheese Sandwich T, TH
- Offered Daily: Fresh Carrots, Broccoli, & Cucumbers
- Fresh Fruit and/or Fruit Juice

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

Lunch Entrée Choices include the daily entrée, deli sandwich, or chef salad  
Breakfast includes choices of fresh fruit, raisins, fruit juice & milk.

Menu subject to change.

Northridge Cougar Café Food Service Contact Information:

Staci Heide (765) 364-1071 ext. 634

Nutritional Info found at: <http://www.nm.k12.in.us/powerschool/food-services>

This institution is an equal opportunity provider