

North Montgomery High School Menu



2022-2023 School Year

Be sure and get a good start to your day with Breakfast!
Breakfast Paid Meal Price \$1.35 Reduced Breakfast Price \$.30
Lunch Paid Meal Price \$2.00 Reduced Lunch Price \$.40
Milk \$.65

February-March-April 2022-2023

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

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.

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

Lunch Entrée Choices include the daily entrée, deli sandwich, taco bar, fresh salad entrée bowl with crackers plus potato bar on T & TH. 100% fruit juice, fresh fruit and milk offered with lunch. Breakfast includes choices of fresh fruit, raisins, fruit juice & milk.

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 Shradler (765) 362-5140 ext. 287

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

This institution is an equal opportunity provider.