

North Laurel High School Menus 2018-2019



Served Daily:

Milk Choices:

- 1% Unflavored Milk
- Fat-free Unflavored Milk
- Fat-free Flavored Milk

Juice Choices:*

- Apple Juice
- Grape Juice
- Orange Juice
- Vegetable Juice

Vegetable/Fruit Choices

- Fresh Veggie Cups & Dip
- Fresh Fruit
- Fruit Cup
- Garden Salad

Breakfast:

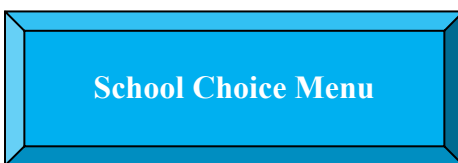
- Cereal & Toast, Pop Tarts,
- Yogurt/Granola Parfait, Mini Donuts

Meal Prices

- Lunch \$.40/1.50
- Breakfast \$.30/.85

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Entree Choices	Chicken Chunks Steakburger/Cheese Tony's Indv Pizza Turkey/Cheese Wrap	Pulled Pork Sliders Spicy Chicken Sand Pepperoni Bread Turkey/Cheese Wrap	Turkey Bacon Sub Steakburger/Cheese LC Pizza/Big Daddy Pizza	Pineapple Glazed Ham Chicken Filet Cheezy Bread Turkey/Cheese Wrap	Spaghetti/Meatsauce Calzone Turkey/Cheese Wrap
Veg/Fruit*	Steamed Broccoli Crisp Cut Potatoes	Potato Cubes Baked Beans	Potato Wedges Corn Frozen Fruit Sidekick	Mashed Potatoes Marinara Sauce	Green Beans
Grains/Other	Rice	Choc Chip Cookie		Mac & Cheese Biscuit	Breadstick
Lunch Entree Choices	Chicken Strips Steakburger/Cheese Tony's Indv Pizza Bologna Sandwich	Grilled Cheese Spicy Chicken Sand Pepperoni Bread Bologna Sandwich w/Soup*	Meatball & Mozz Hoagie Corn Dog LC Pizza/Big Daddy Pizza	Hot Ham & Cheese Chicken Sandwich Cheezy Bread Bologna Sandwich	Fiesta Taco Salad Quesadilla Bologna Sandwich
Veg/Fruit*	Broccoli & Cheese Mashed Potatoes	Potato Cubes	Potato Wedges Green Beans	Crisp Cut Potatoes Baked Beans Marinara Sauce Choc Chip Cookie	Refried Beans Corn Mexican Rice Tostitos Chips
Grains/Other	Biscuit & White Gravy	Crackers/Bd Doritos*	Ice Cream Cup		
Lunch Entree Choices	Asian Chicken Bites* Steakburger/Cheese Tony's Indv Pizza Ham/Cheese Wrap	Homestyle Meatloaf Spicy Chicken Sand Pepperoni Bread Ham/Cheese Wrap	BBQ Rib Sandwich Steakburger/Cheese LC Pizza/Big Daddy Pizza	Bosco Sticks Chicken Sandwich Quesadilla Ham/Cheese Wrap	Hot Dog & Chili Calzone Ham/Cheese Wrap
Veg/Fruit*	Broccoli & Cheese Whole Potatoes	Mashed Potatoes Green Beans	Potato Wedges Cole Slaw Frozen Fruit Sidekick	Crisp Cut Potatoes Marinara Sauce	Baked Beans Corn
Grains/Other	Teriyaki Rice*	Mac & Cheese Biscuit		Choc Chip Co	Baked Cheetos
Breakfast	Pancakes & Syrup w/Sausage Links / Pancake on Stick *	Donuts & Trix Yogurt	Sausage Biscuit	Breakfast Pizza	Biscuit Gravy Bacon Hashbrown* Scrambled Eggs

Students must choose 1/2 cup fruit or vegetable daily at breakfast and lunch.



Menu is subject to change

August 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

September 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

December 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

May 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

ALA CARTE

ELEMENTARY SCHOOLS

4 oz 100 % Juice	.30
8 oz Milk	.30
8 oz Water	.50
16 oz Water	1.00

ALL SCHOOLS

\$.75

Oven Baked Lays Chips
Tostitos Scoops
Cheetos Oven Baked Regular
Cheetos Oven Baked Crunchy
Cheetos Fantastix
Doritos RF Cool Ranch
Doritos RF Nacho Cheese
Gold Fish
Scooby Sticks
Animal Crackers
Funyuns
Pop Tarts (1 pastry)

\$1.00

NutriGrain Bars
Kelloggs Rice Krispie
Betty Crocker Bars

MIDDLE SCHOOLS

4 oz 100 % Juice	.30
8 oz Milk	.30
8 oz Water	.50
16 oz Water	1.00
10 oz Fruit Juice	1.00

HIGH SCHOOLS

4 oz 100 % Juice	.30
8 oz Milk	.30
8 oz Water	.50
16 oz Water	1.00
10 oz Fruit Juice	1.00
16.9 oz Flav Water	1.00
16.9 oz Diet Tea	1.00
Diet Soda	1.00

SPECIAL MENU DAYS

September Red, White & Blue Day

Menu: Red-White & Blue Cake

October 50's Day

Menu: Hamburgers or Hot Dogs, Fries, Vegetable Sticks & Dip, Ice Cream

November Managers Choice (includes Thanksgiving Dinner)

19-20 Menu: Turkey & Dressing, Mashed Potatoes & Gravy, Green Beans, **Homemade** Rolls, Dessert of your choice
School choice of extra entree

December Managers Choice (includes Christmas Dinner)

13-18 Menu: Baked Ham, Mashed Potatoes, Green Beans, **Homemade** Rolls, Dessert of your choice
School choice of extra entree

March Dr. Seuss Birthday

Breakfast: Green Eggs & Ham
Lunch: Birthday Cake

May 3 Derby Breakfast

Menu: Breakfast, Sausage & Bacon, scrambled eggs, gravy & biscuits, fried apples, potato cubes, jelly

May Teachers Day

Menu: Make homemade cinnamon rolls and fresh fruit salad for our teachers

May Luau Day

Menu: Pork Rib on Bun, potato choice, fresh vegetables, Fresh fruit salad w/pineapple & Kiwi

May 9 -EOY Managers Choice

Entrée may change, other menu items will remain the same

NOTES:

Cereal Choice – Cheerios offered daily, WG choices only

MENU ROTATION

RED - Tuesday– add Soup and crackers instead of Doritos
(Oct 16, Dec 4, Jan 8 & 29, Feb 19, Mar 12)

GREEN—Rotate Asian Chicken and Buffalo Chicken Bites (change to chicken & herb rice and no egg roll)

Monday Breakfast rotate between the two choices
Friday Breakfast hash brown can be potato cubes

August 9 will be Yellow Tuesday Menu
August 10 Yellow Wednesday Menu

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