February 2024 Middle School Menu

Northfield PUBLIC SCHOOLS

Menus are subject to change without notice. WG = Whole Grain LF = Low Fat .

Monday	Tuesday	Wednesday	Thursday	Friday
			1 **Beef Walking Tacos** Assorted taco toppings Refried beans Fruit choice* Milk choice*	**2** **WG Grilled Cheese Sandwich** **Tomato Soup with WG Crackers** Steamed green beans Rainbow veggie bar Fruit choice* Milk choice*
5 **Hamburger/Cheeseburger/ Veggie Burger on WG Bun** Assorted fresh toppings Oven baked beans Rainbow veggie bar Fruit choice* Milk choice*	**6** **WG Popcorn Chicken Bowl w/ Mashed Potatoes and Corn** WG dinner roll Rainbow veggie bar Fruit choice* Milk choice*	**7** **WG Pasta with Meat Sauce and Marinara Sauce** Steamed green beans Rainbow veggie bar WG Garlic breadstick Fruit choice* Milk choice*	**8** **WG Chicken Tenders** Oven baked sweet potato fries Tossed garden salad Rainbow veggie bar WG dinner roll Fruit choice* Milk choice*	**9** **WG Corn Dog** Steamed mixed veggies Creamy coleslaw Rainbow veggie bar Fruit choice* Milk choice*
12 **Loaded Oven Fries with Cheese Sauce** Assorted vegetable toppings Ranchero pinto beans Seasoned brown rice Fruit choice* Milk choice*	**13** **Chicken and Alfredo Sauce with WG Pasta** WG Garlic breadstick Steamed peas and carrots Rainbow veggie bar Fruit choice* Milk choice*	**14** **WG Primo Pizza** Steamed broccoli Rainbow veggie bar Fruit choice* Milk choice*	**15** **WG Chicken Sandwich** Lettuce and tomato slices Oven baked beans Cucumber ranch salad Rainbow veggie bar Fruit choice* Milk choice*	**16** **Bosco Sticks** Marinara sauce Caesar salad Rainbow veggie bar Fruit choice* Milk choice*
19 **No School** **Staff Development Day** **Presidents Day**	**20** **Ultimate All Beef Hotdog Bar** Vegetarian baked beans Creamy coleslaw Rainbow veggie bar Fruit choice* Milk choice*	**21** **WG French Toast Sticks and Cheese Omelet** Breakfast potatoes Colorful garden peppers Fruit choice* Milk choice*	**22** **Pork Carnita Street Taco** Fresh taco fixings Cilantro lime coleslaw Fruit choice* Milk choice*	**23** **WG Garlic Cheesebread Marinara Sauce** Caesar salad Rainbow veggie bar Fruit choice* Milk choice*
26 **BBQ Beef Brisket or WG Shrimp Poppers** **Three Cheese Cavatappi Mac** Steamed corn Rainbow veggie bar Fruit choice* Milk choice*	**27** **WG Primo Pizza** Steamed broccoli Rainbow veggie bar Fruit choice* Milk choice*	**28** **Orange Chicken** Steamed peppers and onions Vegetable fried rice Stir-fry veggie bar WG Dinner roll Fruit choice* Milk choice*	**29** **Beef Walking Tacos** Assorted taco toppings Refried beans Fruit choice* Milk choice*	

Sandwich/Wrap choices: Daily features listed on the School District Child Nutrition Website.

Salad Choice: Daily features listed on the School District Child Nutrition Website.
Grill'd Greats Alternative Hot Entree: Daily features listed on the School District Child Nutrition Website.

Healthy Kids Do Better in School

- Studies show that proper nutrition can help keep students focused on school work and keep their immune systems healthy to fight off the flu and colds that tend to hit hardest during winter months. Smart Choices can help your family explore, taste and learn about the importance of eating more fruits and vegetables and being active every day. *Make half your plate veggies and fruits *Add lean protein *Aim to make at least half your grains whole grains. Look for the words “100%whole grain” or “100% whole wheat” on the food label.

Free Meals for All Students

- **Free Meals** All students enrolled in the school district can receive a free breakfast and a free lunch every day.
- Ala Carte items, second meals, and all adult meals will be charged accordingly. Adult and Second meals will be charged $5.00 per meal.
- Milk is included in the price of a breakfast and lunch meal. Students who take milk only at meals will be charged $0.50 per carton. Please know that if your child is bringing lunch from home and ordering milk they will be charged.

This institution is an equal opportunity provider.