

# Health.e LIVING



## Northshore School District Elementary

# February 2017

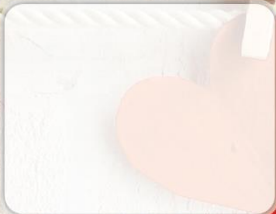
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



A. Dutch Waffle  
With Sausage  
B. Turkey Ham  
And Cheese "Ripper"  
Salad Bar with  
Sweet Apple Topping **01**

**SUPER BOWL LUNCH!** **02**  
A. Hot Dog  
B. BBQ Beef Hoagie  
Salad Bar  
w/Orange Slices

A. Chicken Burger **03**  
B. Fish Burger  
  
Salad Bar

A. Cheesesticks **06**  
With Homemade  
Marinara Sauce  
B. Ravioli w/Roll  
  
Salad Bar w/Grapes

A. Chicken & Bean **07**  
Taco Salad  
B. Cheese Quesadilla  
Salad Bar

A. Chicken Nuggets **08**  
with Steamed Rice  
B. Macaroni & Cheese  
with Warm Roll  
Salad Bar

A. Savory Chicken **09**  
Drumstick  
w/Roasted Potatoes  
B. Chicken Caesar Salad  
And Warm Roll  
Salad Bar w/Oranges

A. Cheeseburger **10**  
B. Fish Nuggets  
w/Goldfish Crackers  
  
Salad Bar

A. Pepperoni Pizza **13**  
B. Cheese Pizza  
  
Salad Bar w/Kiwi

A. Beef & Cheese **14**  
Nacho  
B. Bean & Cheese  
Burrito  
Salad Bar w/raisins  
Churro

A. Pancakes w/Sausage **15**  
B. Cheesy Egg Muffin  
Salad Bar  
w/Strawberries

A. Hot Dog **16**  
B. Chicken Teriyaki  
Bowl  
Salad Bar  
w/Orange Slices

A. Chicken Burger **17**  
B. Fish Burger  
Salad Bar

**NO SCHOOL 20**  
**PRESIDENTS DAY**

**NO SCHOOL 21**  
**MID-WINTER BREAK**

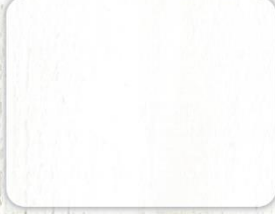
**NO SCHOOL 22**  
**MID-WINTER BREAK**

**NO SCHOOL 23**  
**MID-WINTER BREAK**

**NO SCHOOL 24**  
**MID-WINTER BREAK**

A. Cheesesticks **27**  
With Marinara Cups  
B. Meatball Sub  
Sandwich  
Salad Bar with Grapes

A. Beef & Bean Taco **28**  
Salad w/warm roll  
B. Cheese Quesadilla  
  
Salad Bar



## InSeason! Broccoli

Broccoli shares cancer fighting, immune boosting properties with other cruciferous vegetables such as cauliflower, Brussels sprouts and cabbage.



Broccoli contains high levels of both calcium and vitamin K, both of which are important for bone health and prevention of osteoporosis.

## Announcements

### Included with All Lunches

Fruit & Vegetable Bar  
AND

1% White or NF Chocolate Milk

### Additional Daily Entrée Choice

Variety of 8 oz. Yogurt  
with a Blueberry Muffin  
or Oatmeal Bar

### Available on Friday's

Vegie Burger upon Request

Menu selections may change  
based on product availability.

This institution is an equal  
opportunity provider and employer.

**Linda Hoel R.D.**

## Meal Prices

### Breakfast

|              |        |
|--------------|--------|
| Elementary   | \$1.50 |
| Secondary    | \$1.75 |
| Reduced K-12 | Free   |
| Adult        | \$2.15 |

### Lunch

|                  |        |
|------------------|--------|
| Elementary       | \$2.75 |
| Secondary        | \$3.00 |
| Reduced K-3      | Free   |
| Reduced PK, 4-12 | \$.40  |
| Adult            | \$3.75 |
| Milk Only        | \$.50  |