

JANUARY



Northport – East Northport Middle 2019 Schools

Monday	Tuesday	Wednesday	Thursday	Friday 12/19/18
<p>Daily Alternates Pizza, Burgers Chicken Patties Assorted Sandwiches & Salad Choice</p>	<p>We Use Boar's Head Premium Deli Meats</p>  <p>Boar's Head</p>	<p>2 CHEF'S CHOICE</p>	<p>3 Brunch For Lunch French Toast Sticks Sausage Patty Tater Tots Peaches Milk Choice</p>	<p>4 Pizza Sticks with Marinara Sauce Garden Salad Strawberry Cup Milk Choice</p>
<p>7 Chicken Tenders Carrot Coins Potato Wedges Strawberry Cup Milk Choice</p>	<p>8 Mozzarella Sticks With Marinara Sauce Green Beans Applesauce Cup Milk Choice</p>	<p>9 Pasta With Meat Sauce Bread Stick Broccoli Apple Milk Choice</p>	<p>10 Brunch For Lunch Bacon, Egg & Cheese on a Roll Tater Tots Fresh Fruit Milk Choice</p>	<p>11 Meatball Parmesan Hero Celery Sticks Peaches Milk Choice</p>
<p>14 Popcorn Chicken Carrot Coins Potato Wedges Strawberry Cup Milk Choice</p>	<p>15 Taco Dippers (Tostitos, Beef, Salsa & Cheese) Sweet Corn Applesauce Milk Choice</p>	<p>16 BBQ Pulled Pork on a Roll Cole Slaw Fruit Choice Milk Choice</p>	<p>17 Chicken, Bacon & Ranch Wrap Celery Sticks Apple Milk Choice</p>	<p>18 Pizza Bagels Garden Salad Fresh Fruit Choice Milk Choice</p>
<p>21 NO SCHOOL Martin Luther King Jr. Day</p>	<p>22 Mozzarella Sticks With Marinara Dipping Sauce Green Beans Fresh Fruit Choice Milk Choice</p>	<p>23 Jamaican Beef Patty Wrap Sweet Corn Peaches Milk Choice</p>	<p>24 Brunch For Lunch French Toast Sticks Sausage Patty Tater Tots Applesauce Milk Choice</p> 	<p>25 PIZZA SPECIAL Stuffed Crust Cheese Pizza Garden Salad Apple Milk Choice</p>
<p>28 Chicken Nuggets Carrot Coins French Fries Applesauce Cup Milk Choice</p>	<p>29 Macho Nachos Taco Meat, Cheese & Salsa With Crunchy Tostitos Mixed Fruit Cup Milk Choice</p>	<p>30 Meatball Parmesan Hero Green Beans Peaches Milk Choice</p>	<p>31 Brunch For Lunch Bacon, Egg & Cheese on a Roll Tater Tots Fresh Fruit Milk Choice</p>	

Regular Lunch-\$3.00
 Please register at
 MySchoolBucks.com
 To make pre-payments,
 Check balances and
 Transaction history.
 Look on our District
 Website under
 "Lunch Menus" for details.

Meal Components
 (minimum
 requirements)

Meat/Meat alternative
 – 2 oz. per day (10oz
 wily)

Whole Grain – 2-3oz per
 day (10-12 oz. wkly)

Vegetable – 1 cup per
 day (5 cups weekly)

Fruit – 1 Cup per day (5
 cup wkly)

Milk – 8 oz. milk choice

USDA Regulations –
 Students must take 3 of
 5 components 1 of
 which must be a fruit or
 vegetable

We are committed to serving healthy, nutritious meal choices. Our meals emphasize whole grains, fresh fruits, vegetables and *nothing is ever fried.*

Start your day with a good breakfast. Fresh Bagels, Muffins, Egg Sandwiches, Juice, and Hot Chocolate served every day! Menu is subject to change without notice. This institution is an equal opportunity Provider and employer. If you would like to apply for a sub position with our kitchen please contact Human Resources at 631.262.6627.

Gluten Free Options:

Pizza, Chicken Tenders, Sandwiches, Bagels & Waffles

We can accommodate for allergies

Please notify the School Lunch Office: 631.262.6647

**Make Breakfast a
 Part of Your Day
 and Join Us For:**

Fresh Assorted
 Bagels, Muffins, Egg
 Sandwiches, Hot
 Chocolate

