



OCTOBER 2019 MENU

Northport High School

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



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Daily Alternates Pizza Burgers/Chicken Patty Assorted Sandwiches Salad Choice</p>	<p>1 Rosh Hashanah School Closed</p>	<p>2 BBQ Ribs on a Roll Cole Slaw BBQ Baked beans Fruit Choice Milk choice</p>	<p>3 Chicken Patty, Bacon & Cheese on a roll Carrots Fruit Choice Milk Choice</p>	<p>4 Pizza Sticks With Marinara Dipping Sauce Garden Salad Fruit Choice Milk Choice</p>
<p>7 Philly Cheese Steak W/ Caramelized Onion & Mozzarella cheese Green Beans Fruit Choice Milk choice</p>	<p>8 Chicken Fajita With Caramelized Onion & Cheese over WG rice Black Beans Fruit Choice Milk Choice</p>	<p>9 Yom Kippur School Closed</p>	<p>10 BRUNCH FOR LUNCH French Toast Sticks with Bacon Tater Tots Sweet corn Fruit Choice Milk Choice</p>	<p>11 Chicken Patty BLT on a WG Roll Celery & carrot Sticks Fruit Choice Milk Choice</p>
<p>14 Columbus Day School Closed</p>	<p>15 Chicken & Cheese Quesadilla With Salsa Cheese & Rice & black beans Fruit choice Milk Choice</p>	<p>16 Grilled Cheese with Bacon Sweet corn Fruit Choice Milk Choice</p>	<p>17 Twin Tacos with taco meat, cheese, lettuce & tomato Rice & Beans Fruit Choice Milk Choice</p>	<p>18 Mozzarella Sticks With Marinara Dipping Sauce Garden Salad Fruit Choice Milk Choice</p>
<p>21 Dino Bite Nuggets OR Buffalo wings w/ Celery stix bleu cheese Sweet Corn Fruit Choice Milk Choice</p>	<p>22 Taco Bar BUILD YOUR OWN! w/ Black beans Fruit Choice Milk Choice</p> 	<p>23 Chicken patty Parmesan Hero Green Beans Fruit Choice Milk Choice</p>	<p>24 BRUNCH FOR LUNCH French Toast Sticks with Bacon Tater Tots Fruit Choice Milk Choice</p>	<p>25 Pizza Crunchers Garden Salad Carrot Coins Fruit Choice Milk Choice</p>
<p>28 Chicken Nuggets With Dipping Sauce Potato Wedges Fruit Choice Milk Choice</p>	<p>29 Nachos Supreme Nachos w/ taco meat, cheese, lettuce, tomato, Salsa & Sour Cream Black beans Fruit Choice Milk Choice</p>	<p>30 Macaroni & Cheese Cole Slaw Garden Salad Fruit Choice Milk Choice</p>	<p>31 Halloween Special Bat Nuggets With dipping Sauce Carrots Fruit Choice Milk Choice</p>	

Regular Lunch-\$3.15

Please register at MySchoolBu 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 wkly)

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

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

Fresh Assorted Bagels, Muffins, Egg Sandwiches, Hot Chocolate



Gluten Free Options:

Pizza, Chicken Tenders, Sandwiches, Bagels, Waffles and Pancakes

We can accommodate for allergies

Please notify the School Lunch Office: 631.262.6647

Boars Head Premium Deli Hero \$4.65

The Godfather- Ham, Salami, Pepperoni, Provolone
 Cow Harbor- Spicy Chicken, Mozzarella, Turkey
 The Tiger Stripe- Ham, Turkey, & American
 And our Premium Hot Sandwich of the day