



NOVEMBER 2019 MENU

Northport Middle Schools

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Daily Alternates Pizza Burgers/Chicken Patty Assorted Sandwiches Salad Choice</p>	<p>We Use Boar's Head Premium Deli Meats</p> 			<p>1 Pizza Friday Cucumber salad Fruit Choice Milk Choice</p>
<p>4 Chicken Nuggets Corn & black bean salad Carrot sticks w/ dip Fruit Choice Milk Choice</p>	<p>5 Election Day No School</p>	<p>6 Pasta With Meat Sauce Cheesy Broccoli Fruit Choice Milk Choice</p>	<p>7 BRUNCH FOR LUNCH WG French Toast Sticks Bacon Tater Tots Fruit Choice Milk Choice</p>	<p>8 Pizza Friday Crisp Carrots Fruit Choice Milk Choice</p>
<p>11  No School</p>	<p>12 TACO TUESDAY Twin Tacos with taco meat, cheese, lettuce & tomato Rice & Beans Fruit Choice Milk Choice</p>	<p>13 Cheeseburger on WG bun Baked French fries Honey baked beans Fruit Choice Milk Choice</p>	<p>14 BRUNCH FOR LUNCH WG Pancakes Turkey Sausage Hash browns Fruit choice Milk Choice</p>	<p>15 Pizza Friday Seasoned broccoli Fruit Choice Milk Choice</p>
<p>18 Chicken Parmesan Hero Sweet Carrots Fruit Choice Milk Choice</p>	<p>19 Nachos Supreme Nachos w/ beef & cheese Lettuce, tomato & salsa Corn & Black bean salad Fruit Choice Milk Choice</p>	<p>20 Creamy mac & cheese Steamed seasoned broccoli Fruit Choice Milk Choice</p>	<p>21 BRUNCH FOR LUNCH WG Waffles Sausage Tater Tots Fruit Choice Milk Choice</p>	<p>22 Pizza Friday Cucumber sticks w/ dip Fruit Choice Milk Choice</p>
<p>25 Chicken Tenders w/ dipping sauce Cheesy Broccoli Fruit Choice Milk Choice</p>	<p>26 Roasted Turkey Sweet Potato mash Fruit Choice Milk Choice</p>	<p>27 Turkey Shaped Chicken Nuggets Sweet Potato Fries Seasoned green beans Fruit Choice Milk Choice</p>	<p>28 Thanksgiving Day Recess School Closed </p>	<p>29 Thanksgiving Day Recess School Closed </p>

Regular Lunch-\$3.15

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. daily
 10oz weekly

Whole Grain

2-3oz daily
 10-12 oz. weekly

Vegetable

1 cup daily
 5 cups weekly

Fruit

1 Cup daily
 5 cups weekly

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*. **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.

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 Bagels, Muffins, Egg Sandwiches,
 Cereal, Yogurt

You must take 3 of 4 meal components
1 has to be a fruit for it to be a complete meal.