



September 2021 MENU

Northport High School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Daily Alternates Pizza (V) – Burgers (GF) Chicken Patty Sandwich Garden Salad w/ protein (V)(GF) Hot/Cold Deli Sandwich (V)(GF) Carrot sticks offered daily</p>	<p><u>We Use Boar's Head Premium Deli Meats</u></p>  <p>Boar's Head</p>			
<p>*GF chicken Nuggets Can be substituted</p>	<p>(GF) = Can be ordered in advance as a Gluten Free item (V) = Vegetarian (Most items can come vegetarian, ask for no meat)</p>		<p>9 BRUNCH FOR LUNCH Pancakes (V) Sausage patty Hash Brown Squares Fruit choice Milk choice</p>	<p>10 Max Pizza sticks (V) w/ dipping sauce Roasted Broccoli Fruit choice Milk Choice</p>
<p>13 *Popcorn Chicken w/ Dipping Sauce WG crackers Roasted Cauliflower Fruit Choice Milk Choice</p>	<p>14 Teriyaki Chicken strips (GF) Over Fried Rice Chick pea salad Fruit Choice Milk Choice</p>	<p>15 *Hot or Mild boneless wings Celery & carrot sticks w/ blue cheese WG crackers Fruit choice Milk Choice</p>	<p>16 NO SCHOOL YOM KIPPUR</p>	<p>17 Mozzarella Sticks (V) w/ dipping Sauce Sautéed broccoli Fruit choice Milk Choice</p>
<p>20 Chicken Tenders (GF) WG Breadstick Celery sticks w/ dip Fruit Choice Milk choice</p>	<p>21 Macho Nachos (GF) Crunchy Tostitos w/ Beef Nacho Cheese sauce Salsa & Sour Cream Black Bean Salad Fruit choice Milk Choice</p>	<p>22 Meatball Parm hero (GF) Steamed buttery Carrots Fruit Choice Milk Choice Fruit choice Milk Choice</p>	<p>23 BRUNCH FOR LUNCH Waffles (V) Bacon Tater tots Fruit choice Milk Choice</p>	<p>24 Max Pizza sticks (V) w/ dipping sauce Steamed Broccoli Fruit choice Milk Choice</p>
<p>27 *Popcorn Chicken w/ Dipping Sauce WG crackers Sautéed Green Beans Fruit Choice Milk Choice</p>	<p>28 Taco Tuesday (GF) 2 Tacos w/ beef & Cheese Salsa & Sour cream Black bean & corn Salad Fruit choice Milk Choice</p>	<p>29 Chicken Parm Hero (GF) Sweet roasted carrots Fruit choice Milk Choice</p>	<p>30 BRUNCH FOR LUNCH French Toast (V) Sausage Hash brown rounds Fruit Choice Milk Choice</p>	

Using the www.MySchoolBucks.com account is recommended to purchase snacks

This institution is an equal opportunity provider & employer

7-13-21

Daily Boars Head Premium Deli Sandwich
 The Godfather - Ham, Salami, Pepperoni, Provolone
 Cow Harbor - Spicy Chicken, Mozzarella, Turkey
 The Tiger Stripe - Ham, Turkey, & American
ASK ABOUT OUR HOT SANDWICH OR PANINI OF THE DAY

Regular Lunch-\$FREE

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
 10 oz. weekly

Whole Grain

2-3 oz. 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

Make FREE Breakfast a Part of Your Day

Egg sandwiches (V)(GF)
 Fresh Bagels (V)(GF)
 Assorted Muffins (V)
 Smoothies (V)(GF)
 Cereal (V)(GF)
 Yogurt (V)(GF)
 W/ Juice or Fruit & Milk