

# Northview High School

## LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 1 HAPPY NEW YEAR!!	Jan - 2 TEACHER IN-SERVICE DAY	Jan - 3 CHICKEN QUESADILLA CORN SPICY BLACK BEANS PEACHES JUICE MILK, VARIETY	Jan - 4 CHICKEN & NOODLES/ROLL MASHED POTATOES GREEN BEANS ORANGE SMILES JUICE MILK, VARIETY	Jan - 5 CHILI SOUP PEANUT BUTTER SANDWICH CELERY W/ PB CARROTS / DIP PINEAPPLE JUICE MILK, VARIETY
Jan - 8 GENERAL TSO CHICKEN & RICE CALIFORNIA BLEND VEGGIES MANDARIN ORANGES FORTUNE COOKIE JUICE MILK, VARIETY	Jan - 9 CHILI DOG SEASONED FRIES BAKED BEANS PEARS JUICE MILK, VARIETY	Jan - 10 TACO SALAD REFRIED BEANS CORN PEACHES JUICE MILK, VARIETY	Jan - 11 CHICKEN DRUMMIES / ROLL BAKED POTATO BROC/CAULIFR & DIP APPLESAUCE CHOC PUDDING CUP JUICE MILK, VARIETY	Jan - 12 BBQ RIB on BUN CORN VEGGIES W/ DIP PINEAPPLE JUICE MILK, VARIETY
Jan - 15 SPAGHETTI/BREADSTICK SALAD W/ DRESSING CARROTS / DIP PEARS JUICE MILK, VARIETY	Jan - 16 STEAK BITES WHEAT BREAD RANCH STYLE BEANS FRENCH FRIES APPLE CRISP BANANA TEDDY GRAHAM JUICE MILK, VARIETY	Jan - 17 CHICKEN NUGGETS MAC & CHEESE BAKED BEANS SALAD W/ DRESSING MANDARIN ORANGES WHOLE GRAIN BREAD JUICE MILK, VARIETY	Jan - 18 BEEF STEW CORNBREAD WG COTTAGE CHEESE STRAWBERRIES CELERY STICKS CINNAMON ROLLS JUICE MILK, VARIETY	Jan - 19 CHICKEN PATTY/BUN LETTUCE & TOMATO FRENCH FRIES PEACHES FRUIT COCKTAIL JUICE MILK, VARIETY
Jan - 22 HAMBURGER / BUN LETTUCE & TOMATO FRENCH FRIES MAC & CHEESE PEACHES JUICE MILK, VARIETY	Jan - 23 NACHOS W/ MEAT REFRIED BEANS CORN PINEAPPLE JUICE MILK, VARIETY	Jan - 24 CHICKEN TENDER W/ GARLIC TO GREEN BEANS TATER TOTS APPLE SLICES JUICE MILK, VARIETY	Jan - 25 CNTRY FRIED STEAK/ROLL MASHED POTATOES CRAZY CARROTS FRUIT COCKTAIL JUICE MILK, VARIETY	Jan - 26 PORK FRITTER CORN HASHBROWNS ORANGE SMILES JUICE MILK, VARIETY
Jan - 29 CHICKEN NUGGETS FRENCH FRIES SPICY BLACK BEANS PEARS JUICE MILK, VARIETY	Jan - 30 RAVIOLI W/ BREADSTICK COTTAGE CHEESE SALAD W/ DRESSING CELERY W/ PB PINEAPPLE CRACKERS, GOLDFISH CHED. JUICE MILK, VARIETY	Jan - 31 COOKS CHOICE; ENTREE COOK'S CHOICE VEGETABLE COOKS CHOICE FRESH VEGGIES FRESH FRUIT CHOC CHIP COOKIE JUICE MILK, VARIETY		

This institution is an equal opportunity provider.  
MENU SUBJECT TO CHANGE  
PIZZA, SALAD OR PB&J OFFERED DAILY

	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	791*	750-850	100%	Carbohyd	107.84* g	54.54%	
Cholesterol	61* mg			Tot. Fat	25.33* g	28.82%	<=30.0%
Sodium	1191* mg	1420		Sat. Fat	7.82* g	8.90%	<10.00%
Fiber	9.97* g						

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.

\* - denotes combined nutrient totals with either missing or incomplete nutrient data.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.