

# North Cape School Lunch Menu

September  
2019

In addition to our daily entrée choices,  
we also offer a fresh Fruit & Vegetable Bar.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Labor Day No School	<b>3</b> Oven Roasted Hot Dog with Pickles  OR Crispy Chicken Strips  Tator Tots Baked Beans Bread Fruit & Veggie Bar	<b>4</b> Spaghetti with Meatballs  OR Cheeseburger with Pickles  Seasoned Carrots Garlic Breadstick Caesar Salad Fruit & Veggie Bar	<b>5</b> Nat'l Cheese Pizza Day Tony's Cheese Pizza  OR BBQ Pork Riblet Sandwich with Pickles  Crinkle Cut French Fries Garlic Toast Fruit & Veggie Bar	<b>6</b> French Toast Sticks with Syrup  OR Crispy Chicken Sandwich with Pickles  Hashbrown Strawberries Biscuit Fruit & Veggie Bar
<b>9</b> County Fair Corn Dog  OR Crispy Chicken Strips  Side of Mac & Cheese Steamed Broccoli Dinner Roll Fruit & Veggie Bar	<b>10</b> Beefy Nachos with Sour Cream & Salsa  Or Crispy Chicken Sandwich with Pickles  Buttered Corn Refried Beans Cinnamon Churro Fruit & Veggie Bar	<b>11</b> Breakfast Sandwich with Sausage, Egg & Cheese  OR BBQ Pork Sandwich with Pickles  Crinkle Cut French Fries Pretzels Fruit & Veggie Bar	<b>12</b> Homemade Cheese Pizza  OR Grilled Chicken Sandwich with Pickles  Shoestring French Fries Goldfish Crackers Fruit & Veggie Bar Cherry Brownie	<b>13</b> Pancakes with Syrup Scrambled Eggs  OR County Fair Corn Dog  Potato Smiles Juice Cup Bread Fruit & Veggie Bar
<b>16</b> Salisbury Steak with Gravy  OR Popcorn Chicken Bites  Mashed Potatoes with Gravy Biscuit Fruit & Veggie Bar	<b>17</b> Spaghetti with Meat Sauce  OR Crispy Chicken Sandwich with Pickles  Seasoned Green Beans Garden Salad with Ranch Dinner Roll Fruit & Veggie Bar Rice Krispie Treat	<b>18</b> Cheeseburger Day Cheeseburger with pickles  OR Oven Roasted Mini Corn Dogs  Shoestring French Fries Italian Pasta Salad Fruit & Veggie Bar	<b>19</b> Homemade Cheese Pizza  OR Italian Sub Sandwich  Crinkle Cut French Fries Garlic Breadstick Caesar Salad Fruit & Veggie Bar	<b>20</b> Meatball Bomber Sub  OR Crispy Chicken Strips  Mashed Potatoes and Gravy Dinner Roll Fruit & Veggie Bar
<b>23</b> French Toast Sticks with Syrup Sausage Patties  OR Oven Roasted Mini Corn Dogs  Hashbrown Strawberries Biscuit Fruit & Veggie Bar	<b>24</b> Homemade Cheese Pizza  OR Crispy Chicken Wrap  Shoestring French Fries Garlic Breadstick Caesar Salad Fruit & Veggie Bar	<b>25</b> Grill Out Chef Anthony Hamburger/Cheeseburger with Pickles  OR Hot Dog with Pickles  Kettle Chips Baked Beans Watermelon Popsicle	<b>26</b> Ham & Cheese Stromboli with Marinara Sauce  OR Cheeseburger with Pickles  Crinkle Cut French Fries Bread Fruit & Veggie Bar Pudding Cup	<b>27</b> Toasted Cheese Sandwich  OR Crispy Chicken Strips  Mashed Potatoes and Gravy Goldfish Crackers Fruit & Veggie Bar
<b>30</b> Sloppy Joe Sandwich with Pickles  OR Popcorn Chicken Bites  Potato Wedges Biscuit Fruit & Veggie Bar				 <p>Choose <b>MyPlate</b>.gov</p>

**PRICES**

Regular	\$3.25
Reduced	\$1.25
Adult	\$3.25
Student Milk	\$0.10
Extra Entrée	\$1.75

**EXTRA INFO**

Milk choice of 1% White, Skim or Chocolate is included with lunch.  
For questions or comments, contact Brenda Sunderland, FSD at 262-864-2105 or email [sundbre@raymond.k12.wi.us](mailto:sundbre@raymond.k12.wi.us)

**HARVEST OF**



**THE MONTH**

Your Menus plus more information on our app  
Taher Food4Life®



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