

OCTOBER 2020

Northeastern Middle/High Schools

Meals are free to all students of the Elementary, Middle and High Schools of the Northeastern Wayne Corporation.
Breakfast served is a Grab and go.

Milk for packers \$.60- This is for all packers.

Monday

5

Hamburger S/W
(2oz. m/ma, 2 grain)

Cheese slice 1/2 oz
Potato Shapes 4 oz.
Diced Pears 1/2 cup
& or Apple 1/2 cup
Milk 8 oz.

Tuesday

6

Big Daddy Slice Pizza
(2m/ma, 2 serv. Bread)

Peas 1/2cup
Cantaloupe 1/2 cup
Or Fresh Apple 1/2 cup
Milk 8 oz.

Wednesday

7

2 Beef Taco's w/ shredded
Lettuce and cheese
(2.25 m/ma, 2 Grain)

Refried Beans 1/4 cup
Corn 1/2 cup
Melon 1/2 cup
Milk 8 oz.

Thursday

1

Sweet n Sour Chicken 2m/ma
Rice 1/2 cup
Oriental Veg. 1/2 cup
Applesauce 1/2 cup
& or Diced Peaches
Sweet Roll 2 grain
Milk 8 oz.

8

Ham and Cheese S/W
Or Ham, Turkey and Cheese
(2 1/2 oz m/ma, 2 grain)

Fresh Baby Carrots 1/4 cup
Banana & or Apple 1/2c serv.
Potato Chip 1 oz.

Friday

2

Chicken Strips 3/4
(2 m/ma, 1 grain)
Scallop Potatoes 1/2 cup
Fresh Grapes 1/2 cup
& or Fresh Pineapple 1/2 cup
Milk 8 oz.

9

Chicken Nuggets 5/6
(2 m/ma, 1 grain)

Green Beans 1/2 cup
Fruit Choice 1/2cup
(Diced pears, peaches, applesauce, pineapple, grapes)
Milk 8oz.



19

Breaded Chicken s/w
(2m/ma, 3 grain)

Potato Shapes 4 oz.
Diced Peaches 1/2cup
& or Orange 1/2cup
Milk 8 oz

20

Stuff Crust Pizza
(2 m/ma, 2 grain)

Toss Salad with Tomato
(1cup romaine, 2 grape tom., Dressing)

Applesauce 1/2cup
& or Fresh Cantaloupe 1/2cup
Milk 8 oz.

21

2 Chicken Taco's
(2m/ma, 2 grain)

Refried Beans 1/4 cup
Carrots 1/2 cup
Grapes 1/2 cup
& or Pineapple 1/2 cup
Milk 8oz.



23

Chicken Shapes 3/4 strips or 5/6
nuggets (2m/ma, 1 grain)

Green Beans 1/2 cup
Choice or 1/2 cup of:
Diced peaches, pears, applesauce,
grapes, pineapple and fresh
cantaloupe.
Milk 8oz.

26

Hotdog s/w
(2m/ma, 1.5 grain)

Vegetarian Beans 1/2 cup
Celery Sticks 1/4 cup / Baby Carrots 1/4 cup
(1 oz. ranch cup)

Fresh Grapes 1/2 cup
Potato Chips 1 oz.
Milk 8 Oz.

27

Big Daddy Slice Pizza
(2m/ma, 2 grain)

Broccoli 1/2 cup
Diced Peaches 1/2 cup
& or Applesauce 1/2 cup
Milk 8 oz

28

Beef Nacho's 2oz m/ma
Tortilla Chips grain 2oz

Corn 1/2 cup
Fresh Melon 1/2 cup
& or Diced Pears 1/2 cup
Milk 8 oz

29

Salisbury Steak 2oz
Mashed Potatoes 1/2 cup
Diced Peaches 1/2 cup
& or Apple 1/2 cup
Dinner Roll 1.25 Grain
Milk 8 oz

30

Chicken Strips 3/4
(2 m/ma, 1 grain)

Scallop Potatoes 1/2 cup
Fruit Choice 1/2 cup & or
(diced pears, peaches, melon,
applesauce, apple or orange)
Milk 8 oz.

Please notify the school office if your child suffers from a food allergy, medical documentation is required.
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