



# October



## Northampton High School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>(7, 21) Grilled Cheese w. Tomato Soup</u>  <p><u>(28) Confetti Pancakes w/Ham Stir-Fry Station</u>                      Made-To Order Stir fry, Spring Roll</p> </p>	<p><u>TACO OR NACHOS TUESDAY!</u></p> <p><u>PHO Station</u>                      *Made-To Order Pho, w. Spring Roll</p>	<p><u>(2,16,30) Popcorn Chicken Bowl</u>  <p><u>(9) Spaghetti with Meat Sauce- 23-Mac and Cheese Stir-Fry Station</u>                      Made-To Order Stir fry, w. Spring Roll</p> </p>	<p><u>CHEESESTEAK THURSDAY'S</u></p> <p><u>PHO Station</u>                      *Made-To Order Pho, w. Spring Roll</p>	<p><u>*10/4: Yoqurt Bar w. Bagel</u>  <p><u>10/11: Potato Bar</u>  <p><u>10/18: French Toast Sticks w. Turkey Sausage</u>  <p><u>*10/25: French Fry/Tot Bar</u>  <u>Stir-Fry Made-To Order Stir fry, Select, Protein, Vegetable, Sauce, Served w. Spring Roll</u></p> </p></p></p>

**CORNER CRUST PIZZA SPECIAL OF THE DAY:**

Buffalo Chicken Pizza	Gyro Pizza	BBQ Chicken Pizza	Meat Lovers Pizza	Pizza Bagels/ White Pizza
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**ENTRÉE SALAD OF THE DAY: Includes Fresh Baked Dinner Roll**

Chicken Caesar Salad	Italian Salad	Beef Nacho Salad	Fruit, Cheese, Yogurt Salad	Tuna Salad
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**DAILY ENTRÉE OPTIONS**

**Deli Sandwiches Wrap/Sdw**  
 Ham & Cheese / Hummus  
 Turkey & Cheese / Italian  
 Ham, Turkey, and Cheese  
 PB & J / Tuna / Cheese  
 Chicken Caesar  
 Spicy Chicken  
 Honey Mustard Chicken

**Grab & Go Grill w Topping Bar**  
 Chicken Nuggets w Roll  
 Hamburger/ Cheeseburger  
 Chicken Patty Sandwich  
 Spicy Chicken Patty Sandwich  
 \*\*Premium Chicken Sandwich  
 \*\*Not available everyday\*\*  
**Main Plate-Mozzarella Sticks**  
 MAIN ITEM-PIZZA Sticks

**Entrée Salads**  
 Salad of the Day  
 Garden Salad  
 Salads include fresh roll.

**Vegetarian Packs**  
 Bagel, Cheese, and Yogurt  
 Pretzel, Cheese, and Yogurt  
 Cold Pizza Bagel Packs

**DAILY SIDES**  
**Offered Daily:**  
 Plain 1% White, Skim White, Skim Chocolate, Skim Strawberry or 1%

**100% Fruit Juice:**  
 Tuesday and Thursday  
 Apple, Orange, Grape

**Assorted Fruit such as:** Apples, Oranges, Bananas, Applesauce, Strawberries, Pears, Peaches, Raisins  
**\*Newer Items\***  
**Vegetables Such as:** Side salad, broccoli, cucumber slices, red pepper strips, fresh celery, bake beans, baby carrots, Baked Fries, Tots \*Hash Brown

**MEAL PRICES**  
 Lunch: \$2.50  
 Reduced Lunch: \$.40

To make a meal, students must select foods from at least 3 different food groups. At least one item must be a ½ cup fruit, ½ cup vegetable or a 4oz fruit juice. Meals without a fruit or vegetable will be charged a la carte pricing.

**Corner Crust Pizza**  
 Cheese  
 Pepperoni  
 Flatbread Pizza of the Day  
**Grab and Go**  
 Hummus and Pita Pack

**Lunch account Info and free or reduced information**

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